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Catch up with the latest action from this year's Mayor's Cup

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ISSUE 955 15 - 21 APRIL 2013

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# eastend life

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

# 'THIS IS OUR HOME NOT JUST A HOUSE'



BY SUSAN MULLIGAN

### THE mother of a disabled man from Stepney Green is calling on the government to rethink its welfare reforms.

Sharron Currie, 57, is losing £15 a week from her housing benefit as she has a spare room in her home.

Her son Danny, 34, has severe cerebral palsy and other complex needs, and Ms Currie is his full-time, unpaid carer.

"We have lived in our home for 31 years, and the council has adapted it during that time to support Danny's needs," Ms Currie explained.

"In 2008, we were given an extension with a bathroom and a bedroom on the ground floor. It means that my son can be as independent as he can be."

"We are losing £15 per week of our housing benefit because the government says that we have a spare room. It doesn't sound like a great deal, but when you only have £100 per week, it is a lot of money."

She said they would either have to cut down on electricity and gas to heat their home or spend less on food.



Danny in his downstairs bedroom

The cut in benefit is due to the new 'bedroom tax' – under which tenants with spare bedrooms are paid less housing benefit.

Ms Currie, who is the chair of Tower Hamlets Carers' Centre in Brayford Square, Stepney, added: "I feel as though I am being punished for being Danny's carer."

"The government seems to think I can just move to a smaller place – but I can't."

"I am really lucky with the help and support I get from my local community and neighbours. I won't be able to count on that if we move."

"And this isn't just a house, it's our home."

She said in the long run it could cost the government more money in caring costs, because if they had to be evicted, Dan-

to him and me – it would be a disaster," Ms Currie said.

"The 'spare room' tax is unfair. If you are a foster carer or in the armed forces, you are exempt from it. Why are unpaid carers being penalised?"

A spokesman for the Department of Work and Pensions, said: "The government has provided Tower Hamlets with £2.2m in the coming year to help residents affected by the benefit changes."

"Residents should contact the council about this support." **Continued on page 3**

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## News

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## soundtalking

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# Flying doctors are set to become TV heroes

BY JESSICA ODUBAYO

**MEDICS from London's Air Ambulance and the Royal London Hospital are being followed by camera crews as part of four television programmes that started last week.**

The Channel 5 series Trauma Doctors shows the specialist group of clinicians making the split second decisions and actions that can make the difference between life and death.

Interviews with the doctors, both on the scene and afterwards, give viewers a rare insight into their thoughts and decision-making processes.

The battle for a patient's life starts within minutes of their injury when London's Air Ambulance arrives at the scene to deliver advanced medical procedures.

It continues with their hospitalisation and subsequent treatment at the Royal London Hospital, Whitechapel, where the team is also based.

Heading the team is Dr Gareth Davies, one of the UK's leading trauma specialists, medical director of London's Air Ambulance and emergency medicine consultant at Barts Health NHS Trust.

"Trauma Doctors will give viewers an insight into the medical care provided by London's Air Ambulance," he said.

"We only attend the most



Dr Gareth Grier, Dr Gareth Davies, Dr Simon Walsh and Dr Anne Weaver on the Royal London helipad

Photo: Channel 5

serious trauma cases in London and are renowned worldwide for our medical excellence.

"Most people do not realise that we deliver the emergency room to the patient so, by giving

people a snapshot of what we do, we hope that one day everyone in the UK will receive similar levels of care."

Barts Health clinical director for emergency medicine Dr Malik

Ramadhan, who also appears in the programme, said: "The opening of the new Royal London Hospital last year has allowed us to combine one of the UK's leading medical and nursing trauma structures with the facilities to provide world class care.

"The new trauma system in London means that severely injured patients are only taken to hospitals with the expertise to deal with a very complicated group of patients. The Royal London was one of the first hospitals in the UK to develop a formal trauma system.

■ **Trauma Doctors** is on Channel 5 on Thursdays at 9pm.

RUN for London's Air Ambulance at the Regent's Park Superheroes fun run on May 19.

No previous experience is required and you get a superhero costume for free!

There is a booking fee of £20 and you must pledge to raise £100 for the air ambulance.

Alternatively you can take part in the Bupa London 10,000, taking place at The Mall on May 27.

Registration costs £35 and the Air Ambulance is asking for a £150 minimum sponsorship.

The charity has guaranteed entries available for both – to reserve your place email [l.dixon@londonairambulance.co.uk](mailto:l.dixon@londonairambulance.co.uk)

## Inside this week's issue

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## My memories of the Iron Lady

"For 15 years as party leader she addressed the annual dinner of Conservative agents. Every time she would not meet dignitaries until she had shaken hands with every person serving the meal."

**CLLR PETER GOLDS (PICTURED) REMEMBERING BARONESS THATCHER**

## News



MUDCHUTE Farm on the Isle of Dogs provided hours of amusement during the Easter holidays, including fun days on April 3 and 10. Children took part in arts and crafts, and painting. They also met farmers at work and helped feed animals. The farm has recently welcomed new chicks and lambs. For further information about activities at Mudchute, visit [www.mudchute.org/events/whats-on](http://www.mudchute.org/events/whats-on). Isabella is pictured (left) with a young lamb.

# Councillor leads tributes to Baroness Thatcher

BY JESSICA ODUBAYO

**THE leader of the Conservative group on the council has paid tribute to Baroness Thatcher, who died last Monday, April 8.**

Cllr Peter Golds said of the former Prime Minister: "Margaret Thatcher was a remarkable politician who defined an era and never lost an election."

"Like many great figures, and

she was a great figure, she divided opinion, although as a poll showed this week, half of the population rate her the greatest ever Prime Minister.

"In my political work I came across her on many occasions. For 15 years as party leader she addressed the annual dinner of the Conservative agents.

"Every time she arrived, she would not meet dignitaries until she had shaken hands with

every person who would be serving the meal."

He said, locally, the success of Canary Wharf and Docklands was a testament to Baroness Thatcher's political achievements, a sentiment echoed by Sir George Iacobescu CBE, chairman and chief executive officer of Canary Wharf Group.

Mr Iacobescu said: "She not only accepted change but drove it and recognised the need to

harness the power of the global market rather than try to hold it back."

"More than 100,000 people now work at Canary Wharf which he said had helped regenerate a large part of east London and attracted foreign business and investment to the UK."

"Several years ago Margaret Thatcher revisited Canary Wharf and was visibly excited to be back among what she

regarded as part of her legacy."

In a tribute on its website Bethnal Green and Bow Conservative Association wrote: "As a shaping force in British politics, economy and society, Margaret Thatcher was the most potent and transformative prime minister of the 20th century."

Baroness Thatcher's funeral is due to be held on Wednesday, April 17, at St Paul's Cathedral.

## News in brief

### Man escapes fire

FIREFIGHTERS helped a man escape a fire at his flat in Swanfield Street, Bethnal Green in the early hours of Friday, April 12.

The fire damaged a large part of the ground floor flat and London Ambulance Service took the man to hospital suffering from smoke inhalation.

Four fire engines from Whitechapel and Shoreditch fire stations attended the scene.

Crew manager Ben King, from Shoreditch fire station, said: "The flat was very smoky when we arrived, and the sofa was alight. Crews tackled the fire quickly and ensured it didn't spread. We believe the fire was caused by a cigarette, which had been left smouldering in the living room after the man went to bed."

### Mugging appeal

POLICE investigating an assault and attempted robbery in Mile End on Friday, April 5 have arrested two people.

Two men were hit with bottles and punched as they were making their way home just before midnight.

They were walking near the Burdett Road junction, close to Mile End station, when the attackers attempted to steal their phone and wallets.

Officers from British Transport Police, who were dealing with a separate incident at Mile End station, were alerted and intervened as they left the station.

Witnesses should call the police on 101.

# Changes to have 'significant impact'

Continued from page 1

The government's welfare reform measures include changes to disability benefits, and, in the longer term, the introduction of universal credit.

From June 2013, the government will change the disability living allowance (DLA) benefit to the personal independence payment (PIP) for 'working age adults' aged 16 to 64. It has said children under 16 will continue to be eligible for DLA for now.

People will be assessed for PIP,

taking into account the degree of difficulty they have in completing daily living activities and getting around out of doors.

People claiming the DLA or PIP are not exempt from the 'bedroom tax' although the government is making an additional £30 million of discretionary funding available this year to protect the most vulnerable.

It has also announced that families with a child or children with severe disabilities may be exempt if the bedroom is re-

quired by the disabled child.

Families in Tower Hamlets whose children are eligible for any component of DLA will be receiving letters from the council about this initiative.

The council will then need to satisfy itself that the disabilities of the child are 'severe' in line with government guidance.

Mayor Lutfur Rahman said, "Although the DWP's contribution of £2.2m for discretionary grants is welcome, the government's welfare reform mea-

sures have just cut £14 million from the benefit economy in Tower Hamlets.

"This is a devastating loss that will impact on thousands of families in the borough. We will continue to do all that we can, locally, to protect those who are most vulnerable from the impact of these changes."

Cllr Rabina Khan, cabinet member for housing, added: "Residents will have to make serious decisions about their families' and their own futures too."

## Get advice now

If you are worried about the impact of the benefit reforms, call the council's benefits service on 7364 5001 or go to...

[WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM](http://WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM)

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## Share your race tales

If you're taking part in this year's marathon, we would like to hear all about the pain and the glory. Email...

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK



## An awful lot of litter left behind

As well as clearing spectators' litter, the waste services team has to deal with about a quarter of a million water bottles and thousands of orange segments dropped by the runners.

## News

Cycle with the world's best

**MOORFIELDS Eye Charity is giving cyclists the chance to follow in the tracks of Britain's finest and join the RideLondon-Surrey 100 race this summer.**

On August 5, 20,000 amateurs will lead out the world's top cyclists in a modified version of the London 2012 Road Race.

And the charity is asking people to raise money for the world-famous eye hospital, in City Road, EC1, which has taken 75 places for the event for each of the next three years.

The ride starts in the Olympic Park, heads through Tower Hamlets on its way to Surrey, then returns to London for a grandstand finish in The Mall. To take part, email [eyecharity@moorfields.nhs.uk](mailto:eyecharity@moorfields.nhs.uk) or call 7566 2565.

# Marathon clean-up effort

BY SARAH MC LAUGHLIN

**THE Virgin London Marathon returns to the borough on Sunday, April 21 and will see about 30,000 competitors pounding the streets, many of them raising money for charity.**

With around 11 of the course's 26.2 miles in Tower Hamlets, council officers have been busy making sure the route is in tip-top shape.

The borough plays an important role in hosting the event, with runners passing landmarks such as Tower Bridge, Canary Wharf, St George's in the East church and many more.

In advance of the race, the

council has inspected 12 miles of roads and pavements looking for—and repairing—broken railings, potholes and uneven paving which could cause injury to runners or spectators.

And on the day the team will work with contractors from 4am to make sure traffic management goes smoothly.

This includes putting around 2,000 cones in position and organising road closures and diversions.

Street cleaning is also a big part of the borough's marathon preparation.

Working closely with council contractors Veolia Environment Services, the waste services team has the task of cleaning the streets before the event



Tens of thousands of water bottles are handed to runners

and then leading the huge clean-up that follows afterwards.

Mayor Lutfur Rahman said: "We were incredibly proud to

this year's marathon race."

Cllr Shahed Ali, cabinet member for environment, said: "The council works hard to ensure that roads are in a good condition for runners and spectators of the marathon.

"Our cleansing services will ensure that the borough is looking at its very best with the eyes of the world watching the marathon."

The Virgin London Marathon will involve extensive road closures across the borough, including Wapping, the Isle of Dogs, Poplar and Shadwell with very limited egress available.

For more information about road closures visit [www.virginlondonmarathon.com](http://www.virginlondonmarathon.com) or [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)



**TASTER DAYS CURRENTLY TAKING PLACE!**  
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### The Anna Fiorentini Theatre & Film School for 4-18 years

**The Docklands, Hackney, North London and Bethnal Green branches of the award-winning Anna Fiorentini Theatre & Film School are taking applications for next term and Taster Days.**

The school originally opened in Hackney in 2001 and now has over 250 students aged 4-18, many of whom have gone on to secure professional work on TV, Film and in theatre. Examples include Charlie Jones and Belinda Owusu, who played Ben Mitchell and Libby Fox in EastEnders and Tahj Miles who currently plays Simba in the West End's The Lion King.

As well as providing professional training, the aim of the school is to also provide a safe and supportive environment for all children to explore

their creativity regardless of what career path they eventually choose to follow.

Every week students follow a timetable of drama/film, dance and singing under the guidance of top industry professionals. As well as weekly classes, students are given the opportunity to take part in Voice Idol, Drama and Stars in their Eyes competitions, culminating in a yearly Oscar Night.

The school has recruited some excellent teaching staff including: Mike Burnside (actor in The Bill, Bergerac, the RSC), Mark Short (choreographer to Tina Turner, Peter Andre, Liberty X), Michael Buffong (director of EastEnders, Holby City, Casualty and Coronation Street), Jacob Murray (former associate artistic director of the Royal

Exchange Manchester and teacher for National Theatre's educational Department) and Jay Henry (X-Factor coach and voice coach having worked with Craig David, Mariah Carey and George Michael to name but a few). Celebrities such as Joseph Marcell (Jeffrey in Fresh Prince of Bel Air) and Dani Harmer (Tracey Beaker), have also been amongst special guests to give master classes at this prestigious school.

Students get to work with a variety of casting directors, producers and TV directors. They also get the opportunity to be considered for the agency to audition for professional work.

**Lamda Qualifications in Drama which carry UCAS points also available.**



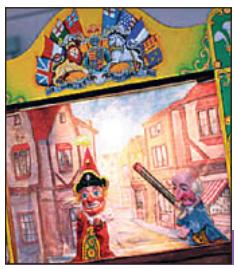
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## Celebrating the Patron Saint

The Feast of St George is celebrated on April 23 every year. It is traditional to wear a red rose and the hymn Jerusalem is sung in churches and chapels on the Sunday closest to the date.

[SEE BELOW](#)

## News

A TRADITIONAL day of merriment and a tea dance will be held to pay homage to the patron saint of England.

The council and the V&A Museum of Childhood in Bethnal Green have joined up to host free festivities to mark St George's Day.

The museum in Cambridge Heath Road will be staging a variety of old-fashioned games and entertainment, complete with a Punch and Judy show and folk dancers, on Saturday, April 20 from 11.30am-4pm.

Free attractions include live music, English country dancing with the Muckers, craft workshops and delicious cakes courtesy of the East End Women's Institute.

No booking is necessary, just turn up on the day. For more details call 8983 5200.



For the over-50s, there will be an afternoon tea dance at the Brady Arts & Community Centre in Hanbury Street, Whitechapel on St George's Day itself, Tuesday, April 23. There will be live music from The Sunshine Kings who will be playing hits from the 1930s and 1940s plus modern day tunes, and dance leader Tony Lane will be encouraging residents to get on the dance floor. The hall will be decorated with spring flowers and bunting to mark St George's Day, and tea will be provided. The runs from 2-4.30pm. Admission is free,



Residents enjoying a tea dance at the Brady Centre

## No to Hate Crime

Nail bomb attacks took place in Brixton, Brick Lane and Soho. The attack on Soho's Admiral Duncan pub killed three people.

[www.17-24-30.com](http://www.17-24-30.com)



A brass band played at last year's celebrations

but it is essential to book in advance – call 7364 7916 between 9.30am and 1pm or email [festivalsandevents@towerhamlets.gov.uk](mailto:festivalsandevents@towerhamlets.gov.uk) Cllr Rania Khan, cabinet member for Culture added: "St George's Day provides a great opportunity to bring

the community together through a range of fun events which also attract visitors to our borough."



## Seven years for indecent assaults

A FORMER council social worker has been jailed for eight years for seven counts of indecency against a ten-year-old girl and her mother.

Sofair Rahman, 59, of Wembley, north west London, carried out the offences during a visit to the family's home in 1997.

He was convicted of seven counts of indecent assault after a trial last month.

Sentencing him last Wednesday, April 10, Judge Simon Freedland said: "This was a gross and blatant breach of trust with many and varied aggravating factors."

DC Seb Hough, the officer leading the case, said: "The courage of the victims in coming forward should be acknowledged."

Rahman escaped a longer sentence after the court heard he has a life expectancy of just seven years after kidney failure left him on dialysis.

He was sentenced to four years and six months in respect of the three counts of sexually abusing the child with three-and-a-half years consecutively for sexually abusing the mother.

He was dismissed from Tower Hamlets Council in 1999 in relation to an unrelated allegation.

BY STAFF REPORTER

**A GYMNASTICS INSTRUCTOR WHO COACHED CHILDREN IN TOWER HAMLETS HAS BEEN GIVEN A SUSPENDED PRISON SENTENCE FOR SEXUALLY ABUSING SEVEN GIRLS OVER A 40-YEAR PERIOD.**

Bob Bellew, 66, of New Cross, south London, was sentenced at Snaresbrook Crown Court last Thursday, April 11 to 15 months imprisonment, suspended for two years.

Bellew had earlier admitted eight of 17 charges against him, involving seven victims and stretching back more than 40

years. He admitted seven counts of indecent assault and one of sexual touching.

He was sentenced to nine months imprisonment for two of the offences – to run concurrently – and six months imprisonment for each of the six remaining offences, also to run concurrently.

The respective sentences of nine and six months are to run consecutively, totalling 15 months.

He was also made subject of a Sexual Offence Prevention Order. The other charges are left to lie on file.

The court heard that Bellew

formed a gymnastics club in the early 1970s when he was a primary school teacher in New Cross. Five of the victims date from that period, when they were aged between six and 11.

Two other victims – teenagers at the time – were abused by Bellew while he was the chief coach of Tower Hamlets Schools Gymnastics and Dance Display Team from the mid-1990s to 2010.

Detectives began inquiries in early 2011, after some of the victims came forward.

Bellew was arrested on December 21, 2011 and bailed, before being further arrested

after new allegations surfaced. He was subsequently charged.

DC Lewi Fenton of the Metropolitan Police child abuse investigation team, said: "We must pay tribute to Bellew's victims who had the courage to come forward.

"His abuse has affected them into their adult lives, and we hope today's sentencing will bring some form of closure for them. Bellew is now paying for his crimes which stretched across the decades."

The officer urged anyone who may have been assaulted by Bellew to contact their local police station or call 101.

## In memory of bomb victims

**AN ACT OF REMEMBRANCE TO MARK THE ANNIVERSARY OF THE BRICK LANE NAIL BOMB ATTACK IN 1999 WILL BE HELD ON WEDNESDAY, APRIL 24.**

Visitors will gather opposite the police station at 6pm to light candles and observe a minute's silence.

Volunteers will hand out information about the 17-24-30 No to Hate Crime Campaign group which remembers and marks the anniversaries of the London nail bomb attacks, and aims to unite communities against all forms of hate crime.

Six people were injured when a device exploded on April 24, 1999.

In July 2000, David Copeland was given six life sentences for the Brick Lane attacks and nail bomb attacks in Brixton and Soho. Visit [www.17-24-30.com](http://www.17-24-30.com)

# Gym coach abused children over 40 years

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Remembering Joe on his 36th Birthday

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Rest in Peace darling

love always Mum

xxx

Love and kisses for our Dad  
xxx Taylor x Sam x Tilly xxx

## Voice your concerns

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7364 5014



## How to contact Mayor Rahman

The mayor's web pages can be viewed at [www.towerhamlets.gov.uk/mayor](http://www.towerhamlets.gov.uk/mayor) or email him at [mayor@towerhamlets.gov.uk](mailto:mayor@towerhamlets.gov.uk) or call 7364 4993.

[www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)

## News from the Mayor

# Bow School is one step closer

**AT last Wednesday's cabinet meeting, the plans for the fantastic new Bow School came one step closer to being realised.**

The new Building Schools for the Future facility, which will be relocated to Bow Lock, will have a sixth form, mixed intake and increased school places from September 2014.

This site will help us meet the needs of our growing population, which places ever-increasing demands on our schools. With education results already bucking national trends, such a welcome addition can only help the borough drive its educational standards up even further.

Next week I'll be on site to witness the first stage of demolition work at Robin Hood Gardens.

The first phase of the regeneration of Blackwall Reach will provide almost 100 of more than 1,500 high-quality homes, including around 700 for social rent and shared ownership.

While I am absolutely committed to us moving forward as a borough, this doesn't mean forgetting what makes us who we are.

Next Tuesday is St George's Day. There will be some fantastic free events at the Museum



LUTFUR RAHMAN | MAYOR OF TOWER HAMLETS

of Childhood this Saturday (April 20), where you can enjoy traditional games, folk dancing and a Punch and Judy show.

On St George's Day, we'll once more be holding our popular tea dance for the over-50s at Brady Arts and Community Centre. For more details, visit our website.

By the time you read this I will have had the honour of presenting a trophy to the winners of the third Mayor's Cup.

On Sunday, April 14 the winners will be decided and I wish the best of luck to everyone involved. Look out for pictures in next week's East End Life.

Finally, have a very Happy St George's Day, whatever you might be doing!

Mayor Lutfur Rahman

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TOWER Hamlets residents can get money off Park in Progress tours of the Olympic Park. Reduced rates are available for afternoon tours, subject to availability. Bookings can be made at [NoOrdinaryPark.co.uk](http://NoOrdinaryPark.co.uk)

Enter the promotional code MyPark when booking, to claim your reduced price tickets.

This does not apply to any timeslots before 2pm. Take along proof of your address with you when you visit.

# Adoption process praised

BY IAN READ

**THE amount of time children have to wait for adoption in Tower Hamlets is one of the lowest in London, according to latest government figures.**

An adoption 'map' published by the Department for Education and Skills last week compared the average time children wait to be adopted in different areas for the three-year period up until the end of March 2012.

The adoption maps showed Tower Hamlets was one of six London boroughs in the top cat-

egory, meaning the wait was between 405 and 555 days – on average 521 days.

But Mayor Lutfur Rahman stressed that while it was good to place children with adoptive parents as soon as possible, finding a child the right home was the most important factor.

"While it is pleasing that Tower Hamlets has emerged as having one of the lowest adoption waits in London, I believe it is paramount to ensure children in need are found permanent, loving homes," he said.

"Ideally this happens as quickly as possible but sometimes

there are complicated family circumstances, which take time to negotiate. If it is in the best interests of the child to wait until we find the best placement, then we will do so."

The council has called for more residents interested in adopting to come forward.

Cabinet member for children's services Cllr Oliur Rahman said: "Our dedicated staff work extremely hard to ensure they find the right home for children in care across Tower Hamlets.

"Our performance can only be as strong as the quality of adoptive families we have available,

so I would urge as many people as possible to think carefully about whether they can help some of the neediest children in our community."

The council is also campaigning to find more foster carers. Last month, it launched its Catch – Don't Pass campaign, with local Paralympian Bulbul Hussain, to encourage more people to become foster carers, particularly to children with disabilities and those in their teens.

For more information on adopting, contact the council on 0800 279 9850 or visit [www.fosteringandadoption.co.uk](http://www.fosteringandadoption.co.uk)

LUTFUR RAHMAN | MAYOR OF TOWER HAMLETS

## My diary

**Thursday, April 4**

I visited a family living in severely overcrowded temporary accommodation in Devons Road. Overcrowding hinders children's education and causes a lot of distress; this is why reducing the problem is one of my top priorities.

**Thursday, April 11**

I held my regular weekly surgery at the Chrisp Street Idea Store. This gives me the opportunity to sit down with residents and listen to their concerns. If you would like to raise any concerns, please get in touch with my office.

**Sunday, April 14**

I will be presenting the trophy to the winners of the third annual Mayor's Cup in Mile End Park.

**Wednesday, April 17**

I will attend the next meeting of full council which will include my report, as well as the usual questions from the public and councillors.

**Thursday, April 18**

I will be at Robin Hood Gardens to witness the first diggers arrive on site and the first stage of the demolition process, which will help us deliver more than 1,500 new homes for the borough.



## Books can raise your spirits

"Reading can relieve stress and help you to understand and manage health conditions better. I hope residents will go along to our Medicine for the Soul sessions."

**CLLR RANIA KHAN, CABINET MEMBER FOR CULTURE**

## Brought up to standard

"We worked closely with university staff to ensure that London Met standards were improved."

**IMMIGRATION MINISTER MARK HARPER**

## News

### Sports days are inspiring

**RESIDENTS** were inspired to get fit at a series of sports days at Mile End Park Leisure Centre.

More than 140 young people headed to the Be Inspired events to challenge themselves or try a new sport for the first time.

The open days, organised by Better, the council's leisure centre operator, aimed to build on the enthusiasm generated by the London 2012 Olympic and Paralympic Games.

Challenges included beating the goalie, swimming the fastest length, shooting basketball hoops and trampolining.

Basketball player Orlan Jackman (OJ), who plays for London Lions, offered some tips.

The 6ft 7ins tall star said: "It was a great turnout."

"I taught some of the kids who



had never played basketball before how to shoot a hoop, and they told me they would take basketball up regularly."

Cllr Rania Khan, cabinet member for culture, added: "The Be Inspired open days were a huge

success and I am pleased so many families took part."

Youngsters can join a basketball course for ages 5-11 at John Orwell Sports Centre in Tench Street, Wapping, from 10-11am each Saturday. To book a place

call the centre on 7488 9421.

The borough's leisure centres provide hundreds of sports courses. For details visit [www.sportscourses.org](http://www.sportscourses.org) or pop into your nearest centre – see details on page 33.

## Uni regains its overseas licence

BY JESSICA ODUBAYO



Malcolm Gillies

**STAFF and students at London Metropolitan University have spoken of their delight after the institution regained its licence for the admission of international students.**

London Met applied for a new licence in March after its previous one was revoked by the Home Office last summer, over fears some of its international students did not have the right documentation to stay in the UK.

It means current international students will be able to complete their courses and new students from abroad can now apply.

University staff have been working with the Home Office to ensure the university has appropriate processes for recruiting and monitoring international students.

Vice-chancellor Professor Malcolm Gillies welcomed the news.

He said: "London Met has a long history of providing education to international students and we can now continue this."

He added: "Students can have total confidence that our processes are stronger than ever. I thank all staff and students and in particular, international students for their patience and support."

Nearly 5,000 international students have already applied to study at London Met for September 2013 and the university is planning a promotional tour of 17 countries.

International students at Lon-

don Met have spoken of their relief at last week's news.

Emmanuel Egwu, from Nigeria, joined London Met in 2009 on a foundation course and is now in his final year of a BSc degree in forensic science.

He says the new licence means he now has the opportunity to stay on at London Met to study for a Masters.

"I am truly thrilled that London Met has finally got back its licence," he said.

"My four years of studying at London Met have been fantastic and I encourage students to find a place here – it's a great learning environment."

Immigration minister Mark Harper said inspections over the past six months demonstrated that the university had made the necessary improvements to its systems and administration.

London Met is on probation for a year, during which time it can admit as many as 1,000 overseas students.

### Take steps to better health

**APRIL is Medicine for the Soul month at Idea Stores and libraries.**

The council is hosting Wired for Health sessions, where you can find out about online resources, at: Idea Store Chiswick Street, on April 18 at 10am; Bethnal Green Library, on April 18 at 10.30am; Cubitt Town Library, on April 23 at 10.30am and Idea Store Whitechapel on April 24 at 2pm

Bethnal Green Library in Cambridge Heath Road is hosting three health and well-being sessions with Arthritis Care.

On April 16 there will be a care and exercise class from 11-12noon. You can also get tips on healthy eating and care on April 30 at 11am.

If you want to take your pursuit of a healthy lifestyle further, you can sign up for courses such as dance, cookery or pilates.

Reading has been shown to reduce stress and the store's hundreds of thousands of books could be 'medicine for the soul'. If you want to read in company, book groups meet at all venues.

To find out more visit [www.ideastore.co.uk](http://www.ideastore.co.uk)

### Glowing report for hospice

A CHILDREN'S hospice has been given full marks for its care of infants, children and young adults and support to their families.

Health service watchdog the

Care Quality Commission inspected Richard House, in Beckton and spoke to patients, families and staff.

The hospice scored full marks on all five standards assessed.

**Barts Health NHS Trust**

**HEALTHY LIFESTYLE PROGRAMME**

**FOR 12-18 YEAR OLDS ABOVE A HEALTHY WEIGHT**

Get fit with girls only group physical activity and sports coaching sessions

Learn creative ways to eat more healthily and cook your own recipes

Understand yourself better and feel more confident

Learn new strategies to change your lifestyle

Access extra activities and trips throughout the year

Invite your parents to celebrate your achievements

**EVERY SATURDAY FOR 10 WEEKS**

**START DATE: 11TH MAY 2013 11AM-1PM**

**VENUE: OSMANI CENTRE 58 UNDERWOOD RD LONDON E1 5AW**

**ENTRY DEADLINE: 3RD MAY 2013**

To find out more or to book a place contact the team on:

Tower Hamlets Weight Management Service  
020 8223 8485 [weight.management@bartsandthelondon.nhs.uk](mailto:weight.management@bartsandthelondon.nhs.uk)

OC Active Healthy Lifestyle Programme is being delivered as part of a partnership between Osmani Trust and Barts Health NHS Trust, and is supported by Big Lottery Fund and Tower Hamlets Public Health.

**OC Active**  
LOTTERY FUNDED  
[osmanitrust.org](http://osmanitrust.org)



# For your information

Parking to pest control, housing to hate crime

TURN TO PAGES 14 & 15



## Two decades of campaigning

Real is run by disabled people, for disabled people, and has existed in the borough in one form or another, challenging inequality and discrimination, for more than twenty years.

[WWW.REAL.ORG.UK](http://WWW.REAL.ORG.UK)

## Useful information

# Thank you for voicing concerns

### News from disability organisation Real

#### THANK you to all who took part in our Local Voices events and survey.

More than 400 disabled people and people with long-term health conditions shared their concerns and ideas for how the council can support us, our families and our community during these difficult times.

We've submitted our report to the council and are looking forward to working with it to respond to your concerns. Watch this space for details of an event late summer explaining what changes are being made.

#### Welfare and benefits

We know from Local Voices that lots of disabled people, people with long-term health conditions and their families are worried about benefits and welfare changes at the moment. A wide range of changes came into effect last week, and we want you to get the help you need to understand and deal with the changes.

The rule changes are really complicated, but in this column, I'll start to explain just some of the key changes for disabled people and people with long-term health conditions.

Everyone's situation is different, so please speak to someone to find out how the changes will affect you.

Some of the main changes for disabled people are:

- housing benefit will be cut for people who have one or more 'spare' bedrooms – the so-called 'bedroom tax';
  - employment and support allowance (ESA) will be time-limited (if you are in the work-related activity group);
  - housing benefit and ESA won't keep up with inflation, limited to 1 per cent increases each year;
  - disability living allowance will change to personal independence payment (PIP), and estimates show fewer
- people will be eligible for the new payment.

Research by Demos and Scope has found that in the worst cases some disabled people may have their benefits cut by up to £4,600 a year, but it depends on when you are reassessed, and which benefits you receive.

Nationally, 42,000 disabled people, their families and carers face losing an average of £728 per year due to the 'bedroom tax'.

As well as these changes, there are cuts to social care, the introduction of a household welfare cap, closure of the Independent Living Fund, cuts to council tax benefit, and restrictions on the social fund for emergency support.

Another survey shows that Tower Hamlets will be one of the worst affected areas in the country.

#### Get help and information

If you or someone you know is disabled, get in touch with the following services to find out how the changes affect you:

- Benefit Enquiry Line – DWP Tel: 0800 88 22 00
- Textphone: 0800 24 33 55
- Carers UK Advice Line Tel: 0808 808 7777
- Email: [adviceline@carersuk.org](mailto:adviceline@carersuk.org)
- Citizens Advice Bureau Whitechapel 32 Greatorex Street E1 3NH Tel: 7247 1050 or 0844 826 9699 Email: [towerhamlets@eastendcab.org.uk](mailto:towerhamlets@eastendcab.org.uk)

- Island Advice Centre Roserton Street, E14 3PG Tel: 7987 9379
- Financial Inclusion in Tower Hamlets – Toynbee Hall 28 Commercial Street, E1 6LS Tel: 7392 2953
- Tower Hamlets Law Centre 214 Whitechapel Road, E1 1BJ Tel: 7247 8998
- [www.thlc.co.uk](http://www.thlc.co.uk)

- Real Answers Jack Dash House, 2 Lawn House Close, Isle of Dogs, E14 9YQ. Tel: 7001 2177

- Email: [answers@real.org.uk](mailto:answers@real.org.uk) or visit us at [www.real.org.uk](http://www.real.org.uk)
- By Mike Smith, chief executive, Real.

### Chemist rota

#### Pharmacists in Tower Hamlets with extended opening hours.

#### E1

**ABC Drug Stores**, 12-14 Montague Street: Mon-Fri 9am-7pm, Sat 9am-5.30pm, Sun 10am-2.30pm.  
**Beck & Sherman**, 197 Whitechapel Road: Mon-Fri 9am-7pm, Sat 9am-5.30pm, bank holidays 11am-1pm.  
**Sainsbury's**, The Albion Brewery: Mon-Fri 8.30am-10pm, Sat 7.30am-10pm, Sun 11am-5pm.

### Advice

#### East London Parkinson's Support Group

For people with Parkinson's disease and their carers. Meets third Tuesday each month, 11am at John Scurr Community Centre, 1A Bekesbourne St, E14. 0844 225 3704/0808 800 0303

#### Family Information Service (FIS)

Information for people from birth to age 19 (or 25 for those with additional needs) including helping to find high quality childcare, advice on tax credits and childcare vouchers. Open Mon-Fri, 8am-6pm Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 fis@towerhamlets.gov.uk 7364 6495

#### Alzheimer's Society Tower Hamlets

Advice and help for carers and people with dementia. Mon-Fri, 9am-5pm. 54-86 Old Montague Street, E1. 7392 9631

#### Tower Hamlets Advocacy Project

Independent advocates for adults with learning disabilities. Mon-Fri, 9.30am-4.30pm. Gladstone Place, 1 Ewart Place, E3. 7364 2550/2199

#### Parents Advice Centre (PAC)

Offers impartial advice around special educational needs (SEN). 30 Greatorex Street, E1. Drop-in sessions every Tues, 9.30am-3.30pm & Fri, 9.30am-1pm. 7364 6489

**Chapel**, 139 Cannon Street: Mon-Fri 9am-8pm, Sat 9am-6pm, Sun and bank holidays 10am-6pm.

#### E2

**Fairdale**, 360 Bethnal Green Road: Mon, Tues, Weds, Fri 9am-6.30pm, Thurs 9am-1pm, Sat 9am-6pm, bank holidays 11am-2pm.  
**Florida**, 307 Bethnal Green Road: Mon-Fri 9am-7pm, Sat 9am-6pm, bank holidays 11am-2pm.

#### E3

**Bell**, 534 Roman Road: Mon-Sat 7am-11pm, Sun 10am-2pm.  
**Forward**, 648 Mile End Road:

Mon-Fri 9am-7pm, Sat 9am-6pm, Sun and bank holidays 10am-6pm.

#### E4

**Green Light**, St Andrew's Health Centre, 2 Hannaford Walk: 8am-8pm, seven days a week, including bank holidays.  
**Lincoln**, 60 St Paul's Way: Mon, Tues, Weds 8am-8pm, Thurs, Fri, 8am-8pm, Sat 9am-5pm.  
**Tesco**, Hancock Road: Mon 8am-10.30pm, Tues-Fri 6.30am-10.30pm, Sat 6.30am-10pm, Sun 11am-4pm.  
**Boots**, Unit 15, Jubilee Place: Mon-Fri 7am-midnight, Sat

9am-6pm, Sun 12pm-6pm.  
**Britannia (Perimart)**, Asda Precinct, East Ferry Road: Mon-Sat 9am-8pm, Sun 11am-4pm, bank holidays 11am-6pm.

### Doctors

Please ring your doctor's surgery for an appointment, but if it's the weekend or late at night, call 7377 7151 (only for people in Tower Hamlets who are registered with a doctor). To find a doctor, dentist or help to quit smoking call the health hotline on 7364 5016, Mon-Fri 8am-8pm and Sat 8am-4pm.

Will Crooks Estate, Poplar High Street, E14. 7987 9379

#### Tower Hamlets Home Birth Support Group

Last Thurs of each month, 8pm. 31 Ridgdale Street, E3. 8981 1159

#### Tower Hamlets National Childbirth Trust

Offers support, information and friendship to parents and parents-to-be. Holds regular events around the borough. 07976 710964 towerhamletsnct@yahoo.com www.nct.org.uk

#### Breastfeeding Support Centres

Mon 11am-1pm Wapping

Children's Centre, 15 Chandler St, E1. Weds 12.30-2.30pm, Collingwood Children's Centre, Buckhurst St, E1. Fri 12.30-2.30pm, Overland Children's Centre, 60 Parnell Rd, E3. Sun 2-4pm Barkantine Birth Centre, 121 Westferry Rd, E14. 3594 2591 or 07961 609 626

**Families with Autism** Spark Centre, Smart Street, E2. 8981 4924 fwautism@btinternet.com

**Free home fire safety advice** From the London Fire Brigade 08000 28 44 28

### Careers advice

#### Bow Job Club

Weds, 1.30-3.30pm, free. Idea Store Bow, 1 Gladstone Place, Roman Road, E3. 7364 4332

#### Tower Hamlets Careers Service

Advice for ages up to 19 years. Mon-Fri, 9am-12.30pm & 1.30-5pm. Connexions Careers Centre, 35 Bow Road, E3. 7364 1401

#### TH Lifelong Learning

Mon-Thurs, 10am-4pm. Shadwell Centre, 455 The Highway, E1.

#### Careers advice

Support from Civic Enterprise Clubs Co-Operative. Tues & Thurs, 1-4pm & 6-9pm Bishopsgate Institute, 230 Bishopsgate, EC2. 07432 463343 www.civicenterpriseclubs.org

## Photo order form

Copies of pictures published in East End Life taken by council photographers are available to readers. To request a copy, email [eastendlife.news@towerhamlets.gov.uk](mailto:eastendlife.news@towerhamlets.gov.uk) and we can send it straight away. If you do not have access to email fill in this form and send it to Photos, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. This service does take longer.

Name .....

Address .....

Issue no. Page no.





## A nationwide programme

First Pitch is a market trader start-up scheme run by the National Market Traders Federation, delivered all over the UK. Applications for this year must be submitted by Friday, April 19.

[WWW.NMTF.CO.UK](http://WWW.NMTF.CO.UK)

## News



## A love for music

Established in 1976, Spitalfields Music stages two festivals a year and creative music projects involving local people.

[WWW.SPITALFIELDSMUSIC.ORG.UK](http://WWW.SPITALFIELDSMUSIC.ORG.UK)



© Peter Marlow / Magnum Photos

## Photo book for Spitalfields' 120th

**LONDON'S** oldest market will celebrate a special birthday this year – and a renowned photographer has been commissioned to shoot new pictures to commemorate the event.

Spitalfields Market will celebrate its 120th anniversary and owner Ballymore Group has commissioned Magnum's Peter Marlow to produce a picture book celebrating the construction of the Victorian market, which was completed in 1893.

Over the years Spitalfields has become a focal point for artists and fashion designers, and is now recognised as one of London's top ten visitor attractions.

It houses a number of independent boutiques, award-winning restaurants, several lively bars, studios and art galleries, as well as the popular traditional market.

Held inside the grade II listed building seven days a week, the market attracts some 20,000 people each Sunday.

There has actually been a market on the site since 1638. Business flagged but was then revived by Charles II in 1682.

The area was largely rural until the 1680s, but the population boomed after the re-opening of the market and the arrival of the nearby Truman Brewery.

Success encouraged people to settle in the area including the Huguenots, fleeing persecution in France.

By 1729 the area had become a parish in its own right and Hawksmoor's Christ Church was consecrated. Irish labourers, escaping the potato famine, followed the Huguenots and went to work on the docks, while eastern Europeans and European Jews also settled locally.

Work on the market buildings, designed by George Sherrin, began in 1885.

Peter Marlow began his career as a photojournalist but now works for top photo agency Magnum Photos.

Undercover Spitalfields: Market Stories will be on sale in May, published by Magnum Editions. For more information visit [www.magnumphotos.com](http://www.magnumphotos.com)

# Get a leg up in the market with a free five-day pitch

BY SARAH MC LAUGHLIN

### FIRST-time market traders are being offered free spaces on the borough's markets during Love Your Local Market fortnight in May.

And applications for a space must be submitted by the end of this week.

The council has teamed up with First Pitch, a market trader start-up scheme, run by the National Market Traders Federation, to offer the opportunities to residents.

First pitchers will trade for free for up to five days during the fortnight of May 15 to 29. If trading goes well, they can continue to trade on the market for a further 12 months at discounted rent.

During the time they will be supported

by the federation to give them the best chance of making a go of their business.

They will be given federation membership for one year, a copy of its guidebook to market trading, and a mentor.

Mayor Lutfur Rahman said: "I am committed to getting local people into work and encouraging local enterprise. Our markets provide vital employment in the borough and I'm pleased to be supporting the First Pitch scheme."

Deputy Mayor Cllr Ohid Ahmed added: "Tower Hamlets is famed for its street markets. The First Pitch scheme is a great opportunity to try your hand at market trading and hopefully the beginning of a fruitful business venture."

Markets on offer to first-time traders are:

Bethnal Green Road, Chrisp Street, Roman Road Square and Watney Street (Monday to Saturday); Roman Road (Tuesday, Thursday & Saturday); Petticoat Lane (Monday to Friday & Sunday); and Brick Lane, Cheshire Street and Sclater Street, (Sunday).

To apply for the First Pitch start-up scheme visit [www.nmtf.co.uk](http://WWW.NMTF.CO.UK) and follow the links for First Pitch 2013. The closing date for applications from new market traders is 5pm on Friday, April 19.

Licences are limited and issued on a first come, first served basis and also exclude the sale of fruit, vegetables and hot food. For more information about trading on the borough's markets contact the council's licensing team on 7364 1717/1707 or visit [www.towerhamlets.gov.uk/markets](http://WWW.TOWERHAMLETS.GOV.UK/MARKETS)

**First Pitch is a great opportunity to try your hand at market trading.**

Deputy Mayor Cllr Ohid Ahmed

## Music charity on the lookout for new volunteer trustees

A MUSIC charity is inviting residents to apply to become volunteer trustees.

Spitalfields Music is known for its high-quality programming of baroque and contemporary music, combined with a commitment to the community.

The two themes run through its biannual classical festivals and its year-round learning and participation programme.

Each year Spitalfields Music works with about 30,000 people, offering more than 100 events and 250 workshops.

The charity is part-funded by Arts Council England, the City of London

and the council, and volunteer trustees are required to advise and support the chief executive in achieving its objectives.

Candidates should have empathy for the charity's work, as well as proven ability and experience in financial management, education, community engagement, fund-raising, strategic leadership and governance, local government or marketing and communications.

Deadline for applications is May 3.

For further information visit [www.spitalfieldsmusic.org.uk](http://WWW.SPITALFIELDSMUSIC.ORG.UK) or email [recruitment@spitalfieldsmusic.org.uk](mailto:recruitment@spitalfieldsmusic.org.uk)



## Did you know...

Untreated high blood pressure can have serious health implications such as stroke, heart disease or kidney disease.

SEE BELOW

## Health news

A HEALTH training programme which uses a computer controlled simulation dummy has been shortlisted for a patient safety award.

Medical staff at East London NHS Foundation Trust are able to refresh their skills using Sim Man, which can reproduce physical symptoms programmed into a computer.

It can exhibit a severe allergic reaction, a diabetic emergency, breathing difficulties, reactions to medicine poisoning and a range of medical emergencies that need a quick response.

Carol Shannon, infection control and physical health lead nurse for the trust, said: "Sim Man responds as a human would to verbal and practical interventions. He breathes, he coughs and he yells if they don't get it right. "Staff quickly forget Sim



East London NHS Foundation Trust staff with Sim Man

Man is a dummy and really engage with him as they would with a service user." Almost 200 healthcare professionals in the trust

have now attended the simulation training and reported much increased knowledge and confidence in handling emergencies.

The Sim Man training programme has earned the trust a place in the finals of the Patient Safety Awards in July.

# Share your views on health care

BY JESSICA ODUBAYO

**PROFESSIONALS who have been handed responsibility for managing local health budgets are encouraging patients to speak out about health-care services in Tower Hamlets.**

Local doctors, nurses and other health professionals who make up the new NHS Tower Hamlets Clinical Commissioning Group (CCG) are now in charge of planning, purchasing and monitoring hospital and community health services.

The group's responsibilities include cancer care to mental health and hospital operations to prescriptions for the borough's population of more than 250,000.

Dr Sam Everington, GP and chair of Tower Hamlets CCG, said: "Having decisions about health

services being driven by local clinicians will bring benefits to local people, delivering better health care for Tower Hamlets."

Jane Milligan, chief officer of Tower Hamlets CCG, said: "We will encourage and support people to make healthy choices, to live in healthy environments, and with our partners at Tower Hamlets Council, to have access to housing and employment.

"A key part of buying services is to monitor how well they are provided. This includes looking at both the quality and cost of services."

Encouraging participation from residents, Dr Everington added: "As the local leader of the NHS in Tower Hamlets, the CCG is committed to working with and listening to what community groups, partner organisations, patients and their carers think about services and using this to ensure that the ser-

vices offered meet the needs of local people.

"We can only truly monitor local services if we listen to and understand what local people think and we are committed to obtaining their feedback, particularly whether the services they use are meeting their needs.

"We will use what they say to make positive changes to the health services in Tower Hamlets."

NHS Tower Hamlets CCG encourages contact through patient participation groups at local GP practices and by holding its board meetings in public. The next meeting is in Room 5a/5b, Education Centre, Mile End Hospital, Bancroft Road, E1, at 2.30pm on Tuesday, May 7.

Feedback on services can be sent to [info@towerhamletsccg.nhs.uk](mailto:info@towerhamletsccg.nhs.uk) or write to NHS Tower Hamlets CCG, 2nd Floor, Alderney Building, Mile End Hospital, 275 Bancroft Road, E1 4DG.

NHS Tower Hamlets CCG is made up of 36 GP practices in the borough. It has an elected board made up of local GPs, practice managers, nurses and senior NHS managers.

SEE BELOW

## Local approach to health care



NHS Tower Hamlets CCG is made up of 36 GP practices in the borough. It has an elected board made up of local GPs, practice managers, nurses and senior NHS managers.

# £2.3m appeal for QMC's Neuron Pod

**QUEEN Mary, University of London has launched an appeal to expand its award-winning science education centre in Whitechapel.**

Since Centre of the Cell opened in 2009, around 60,000 visitors have taken part in educational programmes designed to both inspire pupils to pursue a career in the sciences and to deliver important public health messages. And its success has resulted in plans to create a second building.

The Neuron Pod will resemble a giant nerve cell as a free-standing structure next to the Centre of the Cell's current space in Newark Street.

The new pod will provide extra space for live science shows, hands-on workshops, debates, films and exhibitions.

It will also provide space for collaborations to highlight the latest advances in medical research and grab young people's interest in the subject.

But it needs £2.3 million to pay for the state-of-the-art pod and the university is appealing for public support.

Professor Fran Balkwill, director of Centre of the Cell, said: "This expansion will encourage even more people to visit and get engaged with science, medicine and technology.

"We'll be able to better provide for visitors with special needs, and improve public education in major health issues, from diabetes and obesity to heart disease, HIV/Aids and cancer."

For information email Prof Balkwill at [f.balkwill@qmul.ac.uk](mailto:f.balkwill@qmul.ac.uk), call 7882 3587, or visit [www.centreofthecell.org/neuron](http://www.centreofthecell.org/neuron)



## Blood pressure trial could change lives

**AN international clinical trial involving patients at the London Chest Hospital in Bethnal Green could transform the lives of people with high blood pressure.**

The team at Barts Hypertension Clinic is working with a US medical company to test a new device that could significantly improve blood pressure levels in patients in whom drugs have failed to control the condition.

If successful, the treatment could lead to a dramatic reduction in the high risk of stroke or heart attack that these patients live with.

Known as the "silent killer", high blood pressure rarely has obvious symptoms and people may be unaware they are sufferers.

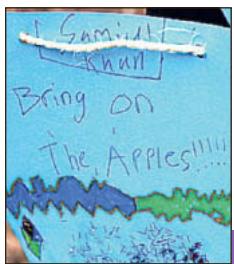
The treatment being trialled involves a minimally invasive, catheter-based procedure to place a small coupler between the artery and vein in the upper thigh. The device works by reducing resistance to blood flow and diverting some arterial blood to the veins.

Mother-of-two Jackie Walker, 51, was one of the first patients to undergo the procedure last month.

"I've been living with high blood pressure for about eight years after being diagnosed with it when I was pregnant with my second child," Jackie said.

"My doctors have tried various drugs to help control my blood pressure over the years but none of them have worked and I suffered awful side effects from some, like hair loss, nausea, hives and even difficulty breathing."

"I'm hoping that after I have this new procedure done I can stop living with a dark cloud hanging over me all the time."



## The confidence to grow and cook food

"The Local Food scheme enables us to help more people improve and care for the environment through the creation of growing food spaces and the planting of thousands of fruit and nut trees."

SHARON JOHNSON, CHIEF EXECUTIVE OF TREES FOR CITIES

## Practical help for pupils

LifeSkills aims to make 50,000 work experience opportunities available during 2013.

[WWW.BARCLAYS LIFESKILLS.COM](http://WWW.BARCLAYS LIFESKILLS.COM)

### Schools news



Pupils explore their new fruit and vegetable garden

### Healthy harvest for St Paul's

**CHILDREN, parents and staff have been learning how to grow, harvest and cook their own fruit and vegetables at a Shadwell school.**

Trees for Cities launched a new 'edible' playground at St Paul's Church of England Primary School where the charity has been working with the school to transform areas of the playground into food growing spaces.

The Local Food project has highlighted the importance of

healthy eating to pupils and parents, and given them the skills and confidence to grow and cook their own food.

Pupils opened the garden last month with a tour and singing and dance performances.

Head teacher Terry Bennett said: "The school provides an ideal environment for educating our children, their families and the community about the importance of making healthy choices in life. We look forward to our first harvest and to producing some amazing, healthy recipes."

# Footy boss shares skills for success

BY MEHREEN HUSSAIN

**STUDENTS from Langdon Park School took part in a question and answer session with businesswoman and West Ham vice-chair Karren Brady, TV and radio presenter Jameela Jamil and Barclays bank executive Ashok Vaswani.**

They were invited to the Poplar school for the launch of LifeSkills, a new programme to remove barriers to youth employment launched by Barclays.

They talked about their experiences of starting work and the skills they needed to be successful.

The new education programme, linked to the national curriculum, aims by 2015 to equip one million young people with the skills they need for work and connect them with work experience opportunities.

Teachers will be able to access a range of free resources designed to develop the skills employers most seek in young people covering topics such as

writing a CV, managing money and building self-confidence.

Langdon Park head teacher Chris Dunne said: "LifeSkills is an important initiative that will provide teachers and students with much needed practical support.

"It's vital we do all we can to help our students in the transition from school to the world of work, supporting them to develop the skills they need to be successful in the future.

"We look forward to using the LifeSkills resources and the work experience matching service with our pupils."



Karren Brady, Jameela Jamil and Ashok Vaswani with pupils at Langdon Park School

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11am – 3pm  
11th May 2013  
For children  
aged 2–11 years**



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SLOUGH MP Fiona Mactaggart (pictured above with pupils) visited Mulberry School for Girls last term to see one of the National Theatre (NT) Learning projects in action. A writer, theatre director and a film maker have been working with Mulberry students exploring their stories of resilience and success, a project that has resulted in a short film which can be seen on the NT Create Film YouTube channel.

Ms Mactaggart's visit was part of the Industry and Parliament Trust (IPT) Fellowship programme through which she has been exploring the arts industry in the UK.

"My visit was fascinating. I watched school girls being motivated to perform and invent theatre, and learned about the efforts our National Theatre has made to reach new audiences," Ms Mactaggart said.

## Banking on playtime

Made possible by £2 million from HSBC Bank, the Children's Park now provides a wonderful place for the under 8s.



## Plains, trains and automobiles

Mile End Park was created from land brought into use over 50 years – much of it formerly housing and industrial buildings. Some of this land is separated by roads, railways and waterways.

## News



Ike, Luke, Terri-Anne and Ronnie enjoy the day



IMD show off their street dance skills



Zina and Rosie enjoy some Easter arts and crafts

Mickey and Minnie Mouse joined residents for a fun day at Mile End Park to celebrate the arrival of a new kiosk operator. **Shalina Hussain** reports. Photos by **Kois Miah**.



Imad toasts marshmallows

**SAMPLES** of food on offer at the Mile End Park kiosk were given away at a free tasting last Thursday, April 11 when the council hosted a range of activities for the whole family to enjoy which included arts and crafts, face painting, bouncy castle and a fire club.



Zakarya on the zip wire

# Kids make a meal of it at Mile End Park

The kiosk in the Children's Play Park in Locksley Street will be run by Tina Kelly, who lives on the Isle of Dogs.

It will be open seven days a week from 10am until 4pm, serving hot and cold drinks, sandwiches, jacket potatoes, pasta, curry and salads.

Jolene, 31, who went along with her family, said: "The fun day was excellent and my children had loads of fun, great food and drink!"

Michelle, 28, added: "It was a lovely day, there were lots of activities for all the children to take part in. The new kiosk is nice and welcoming and the prices are very good. Mickey and Minnie were lovely and very popular."

Eight-year-old Frankie added: "We had a great day. Mickey and Minnie were fantastic."

Throughout the Easter break children had the chance to take part in a fortnight of free events at the Children's Play Park hosted by the council.

Budding gardeners had fun learning about plants, sowing seeds and weeding. Children also had the chance to make delicious treats during baking sessions.

Children also joined the fire club, learning how to build a campfire and toasting delicious marshmallows.

To find out more about activities at Mile End Park call 7093 2253.



Mickey and Minnie Mouse with park ranger Paul Sammut, Tina Kelly and Cllr Maium Miah



Kayes, Shamima, Mayar and Safwan on the swings



## Ailing pacifist who took up arms

Isaac Rosenberg's poem – On Receiving News Of The War – says war is an unequivocally bad thing; yet a year later he shrugged aside his bronchitis and boarded a boat back to London, to enlist.

## Got a story to tell?

If you have a tale about East End history, write to John Rennie or email him at [johnrennie@gmail.com](mailto:johnrennie@gmail.com)

[WWW.EASTLONDONHISTORY.COM](http://WWW.EASTLONDONHISTORY.COM)

### History

# Statue would be poetic justice for shamefully snubbed WWI genius

BY JOHN RENNIE

### WILFRED Owen, Siegfried Sassoon, Rupert Brooke and... Isaac Rosenberg?

While the names of the first three are familiar to anyone with even a passing interest in 20th century British war poetry, the latter is largely forgotten.

A meeting earlier this month at Whitechapel Art Gallery (a place dear to the heart of the young poet and artist) could be the beginnings of rectifying that wrong.

The aim? Not simply to celebrate the short life of this East End genius, but to raise funds to erect a statue in his memory at Birkbeck College, University of London.

But why is Rosenberg so overlooked? It's tempting to point to class and snobbery:

Rosenberg was a working class Jew, while Rupert Brooke was schooled at Rugby and then Cambridge; Siegfried Sassoon was at Malborough and Cambridge, but was also the child of a Jewish father, albeit a very rich one.

And Owen was the son of a middle class family who had fallen on hard times, forced to move from their comfortable home into lodgings in a Wirral backstreet. The young Wilfred was schooled not at Eton or Shrewsbury but at the Birkenhead Institute.

Making a career was always going to be a struggle for Rosenberg, but he was beset by extraordinarily bad luck too.

His early life mirrored that of hundreds of thousands of other English Jews of his generation. Rosenberg's parents, Barnett and Hacha, had fled the pogroms of Eastern Eu-

rope (in their case in the city of Devinsk (now Daugavpils), in Latvia, on a ship to Bristol.

Rosenberg was born in the city in 1890, but by 1897 the family was living in the East End, settling in the heart of the London Jewish community at 47 Cable Street.

He first went to St Paul's School in Wellclose Square, then on to a council school in Stepney.

This was a very different childhood to that of Brooke, Sassoon or even Owen.

His parents had what today would be called 'marginal' jobs: Barnett was a pedlar, competing with who knows how many others selling schmutter on the London streets; Hacha took in washing. And young Isaac had to call time on his education at 14, apprenticing himself to an engraver. It was a job he quickly learned to hate.

Yet there was a fierce determination there and, crucially, a well-developed network of Jewish charities and benefactors waiting to give a helping hand to gifted youngsters.

Rosenberg was displaying skill as a watercolourist. Lily Joseph, a daughter of the wealthy Solomon family, was herself a successful artist, and supported Isaac as he studied at Stepney Green Crafts School and then Birkbeck College. By 1911, he had the funds at last to take up a place at the Slade School of Fine Art.

So despite his precocious beginnings, he became a late starter, older than many of his fellow students. He was, though, on his way.

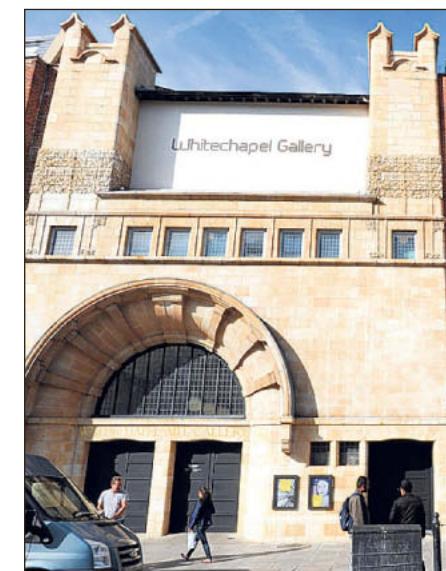
Now the East End connection became a plus, rather than a handicap. A group of young artists – mainly working-class East End Jews – began meeting at Whitechapel Library.

It provided a warm and welcoming place for Sonia Cohen, Joseph Lefkowitz, Mark Gertler, David Bomberg and the rest to work and they became known as the Whitechapel Group.

But the cold, rainy streets of the East End weren't conducive to the health of the bronchial Rosenberg, and in 1913 he joined his sister, Mina, in the heat of Cape Town.

His prodigious talent seemed unstoppable: he wrote poetry, painted and lectured on both, while his poems were published in South African magazines.

And it is one of those poems that displays the ambivalence that would see him make the fateful decision on which his life would turn, and end.



A meeting at Whitechapel Art Gallery began the process of fund-raising for a statue in Rosenberg's honour

His poem, On Receiving News Of The War, was untypical of the early work of those who would become known as 'the war poets': most of whom were boosterish and patriotic before being chastened by experience of the trenches.

Rosenberg's poem says that war is an unequivocally bad thing; yet a year later he shrugged aside his bronchitis and boarded a boat back to London, to enlist.

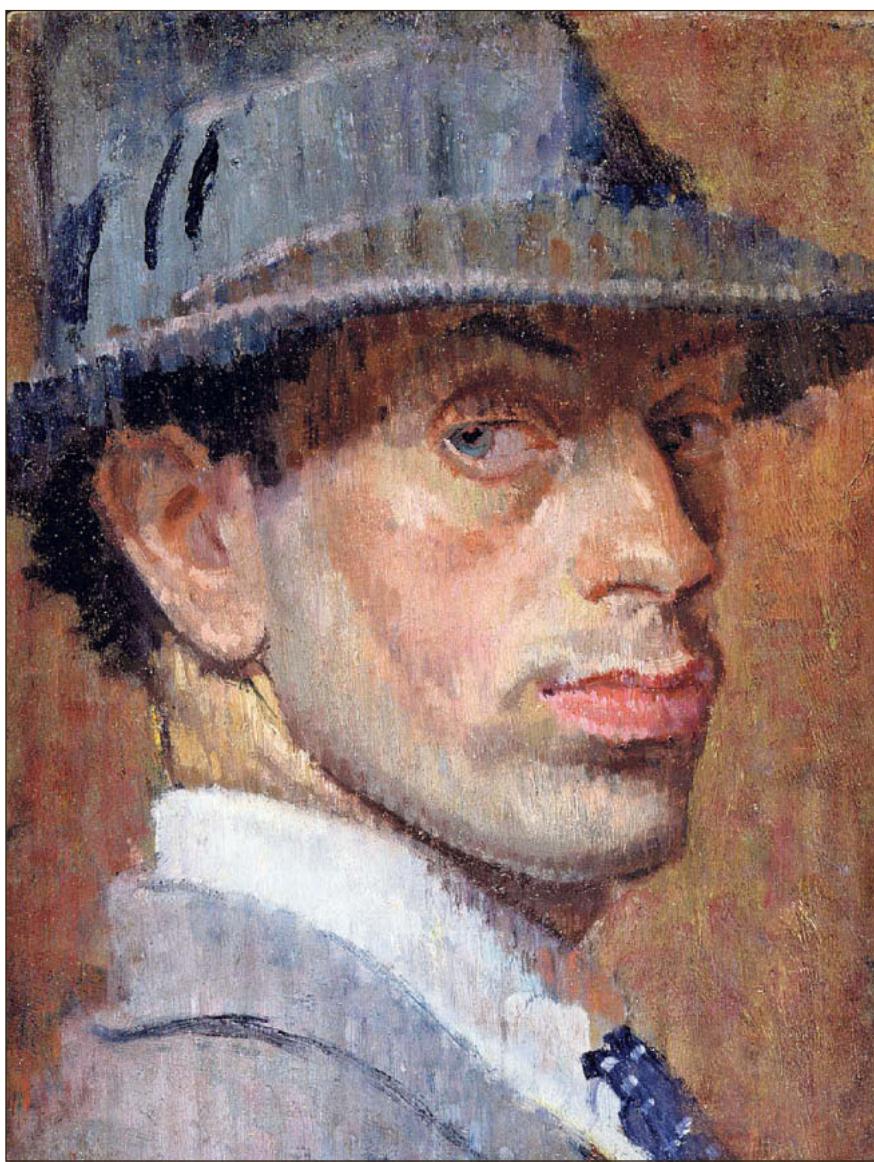
His decision was more about needing a job to support his mother than an unironic acceptance of 'dulce et decorum est pro patria mori'.

On the long journey back, most of his paintings were lost over the side of the ship during a storm. And when he arrived in London he was assigned to the 12th Suffolk Folk Regiment, a 'bantam' company for many under 5ft3in in height.

He refused to take even the single stripe of a lance corporal, and shipped to the Western Front as a private soldier. There, on the Somme, on dawn patrol on April Fool's Day 1918, he died – probably felled by a bullet from a German sniper.

And there in France he lies to this day. His legacy is his paintings and some of the most beautiful poetry to emerge from that terrible conflict.

A more tangible memorial may soon arise at Birkbeck. As one of the original colleges dedicated to providing education for the working man (and woman), and Isaac's alma mater, there couldn't be a better place.



A self-portrait by Isaac Rosenberg, who was a painter as well as a poet

## A range of services

The council provides many services for residents and businesses. Go to the A-Z on the website at...

[WWW.TOWERHAMLETS.GOV.UK](http://WWW.TOWERHAMLETS.GOV.UK)



## Get information on welfare reform

The council's benefits service can provide information about housing benefit, council tax benefit and entitlement to free school meals. It has compiled a list of helpful agencies, at...

[WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM](http://WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM)

## Council information

### Tower Hamlets forward planner

TOWER Hamlets Council produces a forward plan every month detailing the key decisions it will take, together with the details of

### Meetings

**Tuesday, April 16**

6.30pm: Licensing sub-committee

The meeting will consider an application to review the premises licence for the Rhythm Factory, 16-18 Whitechapel Road, E1.

For details, call 7364 4120 or email matthew.mannion@towerhamlets.gov.uk

**7.30pm: Standards (advisory) committee**

For details, call 7364 4333 or email angus.taylor@towerhamlets.gov.uk

**Wednesday, April 17**

7.30pm: Council

The agenda includes petitions and questions from the public, questions from councillors and reports on a review of gambling policy, the local development framework and members' allowance scheme 2013/14.

For details, call 7364 4204 or email johns.williams@towerhamlets.gov.uk

**Thursday, April 18**

7.30pm: Strategic development committee

### Tower Hamlets online

[www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)

For information on council services, including:

the author, and consultation undertaken. It can be found in Idea Stores, libraries, One Stop Shops and council offices or at [www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm](http://www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm)

Items on the agenda include planning applications for: the site of Woolmore Primary School, Woolmore Street, E14; a 25-storey hotel at 27 Commercial Road & 29-37 Whitechurch Lane, E1; and mixed-use development at 1-3 Turnberry Quay & 1-5 Lanark Square, Crossharbour, E14. For details call 7364 4877 or email zoe.folley@towerhamlets.gov.uk

**Tuesday, April 23**

Health scrutiny panel

For details call 7364 0842 or email alan.ingram@towerhamlets.gov.uk

**Wednesday, April 24**

7.30pm: Human resources committee

For details call 7364 4207 or email evelyn.akoto@towerhamlets.gov.uk

Details are accurate at time of going to press.

Agendas are available online a week before meetings, which are at the Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG, except Cabinet.

- report a missed rubbish collection
- make a doorstep recycling request
- report an abandoned vehicle
- bulk rubbish collections

### Planning

**E1**

2 Pecks Yard – application for lawful development certificate in respect of existing use as residential dwelling.

**E2**

425A Bethnal Green Road – extend existing 2-bed maisonette to create 4-bed maisonette with first-floor rear extension and mansard roof extension.

Bethnal Green Centre, 229

**PUPILS from four Stepney schools collected more than 2,000 plastic bottles and used them to build a greenhouse at Stepney City Farm.**

Hannah Leigh Mackie, environmental education project officer at the farm, involved pupils from John Scurr, Stewart Headlam, Cayley and Halley primary schools in the year-long project to educate them about waste and creative ways of using recyclable products.

Hannah visited the schools to give talks and install bottle bins, and the farm held workshops and gardening classes.

Now, the greenhouse has

Bethnal Green Road – section

73 application for variation of condition 2 (approved plans) of PA/13/00118 for an additional 1.5m extension to East Wing and larger lift shaft.

**E3**

554-556 Roman Road – change of use from grocery retail store to mixed-class coffee shop.

**27 Selwyn Road** – single-storey rear extension and extension to basement.

**E14**

30 Marsh Wall – request for screening opinion as to whether residential-led, mixed use redevelopment requires an environmental impact assessment.

This is not a definitive list of all current planning applications. For more details go to the council's website at [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk) and click on Planning & Building.

### Drug treatment providers

#### Community Drug Team

Substitute prescribing, key working, health screening & referral to residential treatment. 71 Johnson Street, E1.

7790 1344  
[www.lifeline.org.uk](http://www.lifeline.org.uk)

#### Nafas

Support with a focus on Bangladeshi community. The Davenant Centre, 179-181 Whitechapel Road, E1 7377 0676.

#### Harbour Recovery Centre

In-patient detox for 18+ males. Riverside House, 4th Floor, 20 Garford Street, E1. 7538 9421

#### Young People's Service

Treatment for under-19s Unit 26, Skyline Village, Limeharbour, E14. 3069 7878  
[www.lifeline.org.uk](http://www.lifeline.org.uk)

#### Isis

For women aged over 18 c/o Hopetown Hostel, 60 Old Montague Street, E1. 7426 0399  
[www.compass-uk.org](http://www.compass-uk.org)

#### Community Alcohol Team

Unit 22, Skyline Village Limeharbour, E14. 0800 008 7200  
[www.rapt.org.uk](http://www.rapt.org.uk)

#### Somali Substance Misuse

Help, advice & referral for people with khat, alcohol or drug issues. Contact Idriis Elmi. Mind in Tower Hamlets & Newham, Open House 13 Whitethorn Street, E3. 7510 1081

## Greenhouse is fan-plastic



Youngsters admire the new greenhouse

become a permanent base where youngsters can learn about growing food.

"Pupils have sown tomatoes,

spinach, beans and other vegetables. I hope the project inspires environmental consciousness," Hannah said.

## Recycled cooking oil is just our cup of tea

renewable electricity for homes and businesses.

They can drop it off into a tank at the council's reuse and recycling centre at Northumberland Wharf, Yabsley Street on the Isle of Dogs.

Once collected, the oil is recovered by eco-firm Living Fu-

els, which processes it naturally into a bioliquid, which is then used to help power the National Grid at times of unexpected power demand. Just one full collection tank can power the average home for an entire year.

Visit [www.towerhamlets.gov.uk/recycling](http://www.towerhamlets.gov.uk/recycling)

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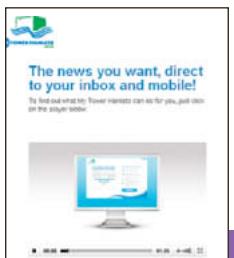
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# Look familiar?

Last week's photo was of machinery at Three Mills, Bromley-by-Bow.

## Council information

### Hotline numbers

Housing benefits – 7364 5001  
Council tax – 7364 5002  
Parking services – 7364 5003  
Streetline – 7364 5004  
Adult social care – 7364 5005  
Children's services – 7364 5006  
Pest and noise nuisance – 7364 5007  
Environmental health, trading standards & licensing – 7364 5008  
Planning & development – 7364 5009  
Business rates – 7364 5010  
Recruitment line – 7364 5011  
Electoral services – 7364 0872  
Tower Hamlets Homes – 7364 5015  
Healthline – 7364 5016

### Report it!

To report an incident, use these 24-hour freephone numbers:  
Non-emergency crimes – 101  
Textphone – 18001 101  
Hate crimes – 0800 138 0521

### General enquiries

For other council enquiries call 7364 5020.

### Useful housing numbers

Housing repairs – 0800 376 1637  
Tenancy support – 7364 5544  
Housing advice (E14) – 7364 7507  
Housing advice (E1, E2 or E3) – 7364 3558  
Homeless service – 7364 7474  
Choice-based lettings – 7364 0244  
Homeseekers – 0845 270 2400

### Switchboard

If you know the name of the person or department you



Do you know where to find this unusual feature of the borough? Our popular oddities picture poser gives readers the chance to keep their eyes peeled to see if they can spot where our photographers took the pictures. And if you have photos of your own you want to submit, please feel free. Email [eastendlife.news@towerhamlets.gov.uk](mailto:eastendlife.news@towerhamlets.gov.uk) or send them to Photo Poser, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG.

need to contact, call the switchboard on 7364 5000.

### Town Hall

Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BG.  
7364 5000

### Other useful information

#### Safer Neighbourhood teams (SNTs)

SNTs operate in every ward in

Tower Hamlets, providing dedicated community policing that works to priorities set by the public through Local Area Partnerships (LAPs).

To find out more about SNTs, contact your local team:

Bethnal Green North 8721 2851  
Bethnal Green South 8721 2849  
Blackwall & Cubitt Town 8721 2877  
Bow East 8721 2807  
Bow West 8649 3521  
Bromley by Bow 8721 2041  
East India & Lansbury

8721 2806  
Limehouse 8721 2852  
Mile End & Globe Town 8721 2853

Mile End East 8721 2848  
Millwall 8721 2850  
Shadwell 8649 3524

Spitalfields & Banglatown 8721 2042  
St Dunstan's & Stepney Green 8721 2808

St Katharine's & Wapping 8721 2854

Weavers 8721 2043  
Whitechapel 8649 3520

If a crime is in progress, there is an emergency or if anyone is in immediate danger please dial 999.

#### 24-hour domestic violence national helpline

0808 2000 247

#### Trading standards

Consumer Direct: 08454 040506

#### Tower Hamlets Mediation Service offers confidential and impartial advice with neighbour conflict

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## শত বছর ধরে আরবার সাংস্কৃতিক বিবর্তন

টাওয়ার হ্যামলেটস কলেজের আরবার সেন্টার শত বছর ধরে বিশ্বের বিভিন্ন দেশ থেকে আগত নাগরিকদের ইংরেজি ভাষা শিক্ষাদান করে আসছে। তাদের শত বছরের এই ঐতিহ্যকে উৎসবের মাধ্যমে পালন করার জন্যে এক মনোজ অনুষ্ঠানের আয়োজন করা হয়। বিস্তারিত দেখুন নীচের সংবাদে।

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## Harmony

# Deeqaha cusub ee dadka jilicdasan

## New grants for most vulnerable residents – issue 954

**DEEQO cusub ayaa loo qoondaynayaa intooda badan dadka jilicdasan.**  
**Lacagtaa waxaa lagu isticmaalayaa in lagaga kaalmeeyo waxyaabaha nolosha ee lagama maar-maanka ah.**

Kownsuklu wuxuu u fidi-nayaa deeqo deganayaasha si looga caawiyo kuwa qaba baahiyoo gaar ah oo dhaqaale.

Talaabadani waxay taagero siinaysaa qaar ka mid ah dadka ugu jilicdasan.

Deeqahani oo haatan diyaar ah, waxay bedelayaan deeqihii

dawlada dhexe ee daryeelka bulshada, taasi oo laga siin jirey ciddii u qallanta Jobcentre Plus. Deeqahan waxay u furan tahay dadka ay soo foodsaarto xiisad lacag la'aaneed oo kedis ahi.

Waxaa laga caawinayaa mud-doo gaaban wuxuu ku noolaan lahaa, sida dhuuniga, kula-liyaha iyo kirada.

Cllr Alibor Choudhary, xubinta kabinetka ee hantida, ayaa yidhi: "Tower Hamlets, waxaanu heegan in u nahay in aanu barbaarino bulshada isku xidhan oo is taageerta.

Sidaa daraadeed waxaanu

doorbidnay in aanu abuurno deeqaha kaalmada oo toos loogu fidiyo degnayaasha, hal-ka aanu ka siin lahayn foojaro dhuuni, taasi oo gooni u saari la-hayd kuwa u baahan kaalmo dheeraad ah amma bulshada u kala qaybin lahayn hantii laha iyo hanti laawaha."

Dadka soo codsanayaa deeqahan waa in ay yihiin 16 jir iyo wixii ka weyn, waa in qaato benefitiska guryaha, waa in aan cunaqabatayn laga saarin benefitiska.

Booho [www.towerhamlets.gov.uk/crisisandsupport](http://www.towerhamlets.gov.uk/crisisandsupport)

## Dawaynta TB – du dhib ma laha

## TB is completely curable – issue 954

**KOOXDA caafimaadka dadweynaha ee gobolka ayaa qabtay maalinta isku baraaru jinta xanuunka qaaxda, kaas oo lagu qabtay Whitechapel, xarunta Osmani.**

Munaasabada, oo ay soo qab-pan qaabiyeen Kownsuklu, Barts, TB Alert iyo ururada bulshadu, aad bay uga soo qaybgaleen dadweynuhu, iyada weliba halkaa ay diyaar ku ahaayeen afceliyayaal Bangooli iyo Somali ahi.

Dr Veronica White, kon-saltanka TB ee Barts, ayaa tidihi: "Qaaxdu waa xanuun la daaween karo oo lala tacaali karo. Intaad ka cabsi qabilahayd qaaxda, waa in aynu in xubna-ha bulshada ee xanuunka, da-reensiinaa kaalmayn."

Haddii aad qufac joogta ah isku aragto muddo sedex todobaad ah, la xidhiidh GP-gaa-ga. Faahfaahin dheeraad ah kala xidhiidh [www.nhs.uk/conditions/tuberculosis/](http://www.nhs.uk/conditions/tuberculosis/)



Celebrating 100 years of Arbour Square – see issue 954

## Xuska 100 guuradii kolajka Arbour Square

**SHAQAALAHAYO ardayda koolajka ayaa si weyn ugu dabaaldegey 100 guuradii ka soo wareegtey koolajka waxbarashada, galab dhaweyd taasi oo lagu xusay kala duwanaashaha ardayda wax ka barata.**

Xarunta Arbour Square ee koolajka Tower Hamlets ayaa muddo 100 sano aha xudunta waxbarashada bulshada.

In ka badan 450 qof ayaa maalintii oo dhan goobjoog ku ahaa islamarkaana waxaa marti ku ahaa shaqaale muddo dheer ku hawlan sidii guul looga soo hoyn lahaa barnaamijka ESOL.

# বারায় আইন শৃঙ্খলা রক্ষায় থিওদের সফল ভূমিকা

বেথনালহীনের একটি এস্টেইটে যেখানে অসামাজিক কার্যকলাপ ঘটতো সেখানে টাওয়ার হ্যামলেটস এনফোর্সমেন্ট অফিসারদের টহলের ফলে তা রোধ করা হচ্ছে বলে জানানো হয়েছে।

বেথনালহীনের বেন্টওয়ার্থ এস্টেইটে অসামাজিক কার্যকলাপ চলতো সেখানে সিডিতে গিলিতে ও যত্রত্র প্রসাব করা হত, মদ্যপান করা হত ইত্যাদি।

বেন্টওয়ার্থ স্ট্রাটেজির বাসিন্দা যিনি গত 32 বছর ধরে এই এলাকাকে বসবাস করছেন তিনি বলেছেন অসামাজিক কার্যকলাপে আমি অতিষ্ঠ হয়ে

## THEOs help improve life – issue 954

টেচ্ছিলাম এবং এক সময় এই এলাকা ছেড়ে চলে যাবার ব্যাপারে চিন্তা আবনা করছিলাম। যখন থেকে টাওয়ার হ্যামলেটস এনফোর্স অফিসাররা টহল দেয়া শুরু করলো তখন থেকে অবস্থার পরিবর্তন হতে শুরু হয়েছে।

তিনি আরো বলেন আমি এখন অনেক নিয়াপদবোধ করি, কারণ আমি জনি থিওদের দায়িত্ব পালন করছে। গত কয়েক সপ্তাহ ধরে পরিস্থিতির অনেক উন্নতি হয়েছে।

বাসিন্দাদের অভিযোগের পরিপ্রেক্ষিতে বছরের শুরু থেকে কাউপিল থিওদের সাথে কাজ শুরু করেছে এবং তাদেরকে কাউপিলের এস্টেইট গুলোতে টহল দেবার জন্যে ব্যবস্থা করা হয়েছে। ডেপুটি মেয়র কাউপিল ও হিন্দ আহমদ এ ব্যাপারে মন্তব্য করতে গিয়ে বলেছেন বাসিন্দাদের নিয়াপদে রাখার জন্যে এটি একটি উজ্জ্বল দৃষ্টান্ত। অফিসাররা এলাকাগুলোতে টহল অব্যাহত রাখবেন।

## ওয়েলফেয়ার রিফর্ম মহিলাদের সহযোগিতা

## Supporting women through welfare reform

পাবলিক হেলথের উদ্যোগে যক্ষা রোগ সম্পর্কে সচেতনতা সৃষ্টির লক্ষ্যে হোয়াইট চ্যাপেলের ওসমানি সেন্টারে সম্প্রতি এক এওয়ারনেস ডে অনুষ্ঠিত হয়েছে। কাউপিল, বার্টস এবং এন-এইচএস ট্রাস্ট, টিরি এলার্ট এবং কমিউনিটি সংগঠন-গুলো আয়োজিত এই এওয়ারনেস ডে তে উপস্থিতি বাসিন্দাদের জন্যে সোমালি ও বাঙালি দোভাসিরা বিভিন্ন ধরনের উত্তর অনুবাদ করে বুঝিয়ে দেন।

মেয়ের লুভ্যুর রহমান এ ব্যাপারে মন্তব্য করতে গিয়ে বলেন, জনস্বাস্থ সুরক্ষায় আমার প্রশ়াসন অঞ্চাকার দিয়ে আসছে আর এ ব্যাপারে আমি যথেষ্ট তিথিত বদ্ধ। আমরা সহযোগি সংগঠনগুলোর সাথে একাত্মতা ঘোষণা করে টাওয়ার হ্যামলেটসের বাসিন্দাদের জনস্বাস্থ সুরক্ষায় সাময় অর্জন করে চলেছি।

বর্তমানে পাবলিক হেলথ সংস্থানটি কাউপিলের

সাথে অংশীদারিত্বের মাধ্যমে কাজ করছে। আমরার বারায় জনস্বাস্থ রক্ষায় আরো শক্তিশালী ত্রুটিকে রেখে স্বাস্থ্য সংক্রান্ত ব্যাপারে সাময় বহাল রাখতে পারবো।

বার্টস হেলথের টিবি কনসালটেন্ট এ ব্যাপারে মন্তব্য করতে গিয়ে বলেন যক্ষা একটি ছোয়াচে রোগ তবে সঠিক চিকিৎসার মাধ্যমে এর আরোগ্য লাভ করা সম্ভব হয়। এই রোগে আক্রান্ত হলে ভয়না দেয়ে আমাদের সহযোগিতা নিয়ে আরোগ্যের পথে এগিয়ে যাওয়ার জন্যে কাজ করতে হবে। যাতে আমাদের কমিউনিটির লোকজন মনে করে তাদের জন্যে সামাজিক ও চিকিৎসার সহযোগিতার হাত প্রসারিত রয়েছে। এই রোগে কেউ আক্রান্ত হলে তার জন্যে ফ্রি চিকিৎসার ব্যবস্থা রয়েছে।" জানার জন্যে [www.nhs.uk/conditions/tuberculosis/](http://www.nhs.uk/conditions/tuberculosis/)

যুক্তরাজ্যের নারী অধিকার নিয়ে আন্দোলন করে আসছে ফসেট সোসাইটি তাদের এক গবেষনায় দেখানো হয়েছে ওয়েলফেয়ার রিফর্মের ফলে পরিবার ও মহিলাদের উপর এর বিরুপ প্রভাবই বেশি পড়বে। মহিলারা বহুবর্ণের পরিবর্তনের শিক্ষার হৈবেন যেমন প্রয়োজনীয় সেবা হ্রাস পাবে, পাবলিক সেক্টরে তারা চাকুরি হারাবে এবং বেনিফিট সংকেতন করা হবে।

কাউপিল ও ফসেট সোসাইটি মহিলাদের উপর কি ধরনের প্রভাব পড়বে এ নিয়ে ২৩ শে এপ্রিল মঙ্গলবার সকাল ১০টা থেকে অপরাহ্ন ৩টা পর্যন্ত এ সভার আয়োজন করেছে হোয়াইটচ্যাপেল আইডিয়া স্টেরে।

## 100 years of Arbour diversity – issue 954

টাওয়ার হ্যামলেটস কলেজের আরবার কোয়ার সেন্টার ইংরেজি শিক্ষার মাধ্যমে ১৩০ বছর ধরে যে সামাজিক বিবর্তন এনেছে তাকে উৎসবের মাধ্যমে পালন করা হয়।

টাওয়ার হ্যামলেটস কলেজের ঐতিহাসিক এই ভবনটি ১৯১৯ সালে অধ্যায়ণ ও প্রগতির জন্যে দ্বার খোলা হয়। এখানে ইংরেজি ভাষা শিক্ষা দেয়া হচ্ছে শত বছর ধরে এই শত বছরের ঐতিহ্য এক অনুষ্ঠানের মাধ্যমে পালন করা হয়। আইন ও প্রতিনিধিত্ব সংগঠনগুলোর সহযোগিতার হাত প্রসারিত রয়েছে। এই রোগে কেউ আক্রান্ত হলে তার জন্যে ফ্রি চিকিৎসার ব্যবস্থা রয়েছে।

যন্ত্রসংগীতের মুর্মান্তি অনুষ্ঠানটি কে মনোরম এবং উপভোগ্য করে তুলেন কলেজের শিক্ষার্থীরা। ই-এসওএল' এর হেড রিচার্ড সুরটেস বলেন আমাদের স্টাফ ও শিক্ষার্থীরা এই অনুষ্ঠান সফল করে তুলেছেন।



A student tries his hand at playing the drums



## আফসানা বেনজির ডাক্তার হতে চান

আফসানা বেনজির ৬ বছর বয়সে এক পারিবারিক বন্দুর হাতে লাভিত হন এর ফলে ১০ বছর বয়স থেকে তার জীবন বিষম্বনায় ভরে যায় দুইবার সে আভ্যন্তর্যামী করতে চায়, কিন্তু প্রিসেস ট্রাস্ট টিম প্রোগ্রাম তার জীবন বদলে দিয়েছে এখন তিনি ডাক্তার হবার স্বপ্ন দেখছেন।

**AFSANA WINS ROYAL RECOGNITION**

## Harmony



Chisenhale pupils walk along the Hertford Union Canal on their way to the White Building to take part in People Power

## Chisenhale School inspired to go green – issue 954

চিজেনহেইল প্রাইমারি স্কুলের ছাত্র-ছাত্রীরা এক বৃক্ষ রোপন অভিযানে অংশ নিয়েছে। স্কুলের শিশুদের সবুজের প্রতি আগ্রহ সৃষ্টির জন্যে এবং তারা যাতে প্রকৃতির এবং পরিবেশের প্রতি সচেতন হয়ে উঠে সে জন্যে স্কুলের একটি বিশেষ ভূমিকা রয়েছে সে দিকে লক্ষ্য রেখে এই বৃক্ষ রোপন অভিযান অনুষ্ঠিত হয়।

বো স্কুলের ছাত্র-ছাত্রী শীতকালের ঝুঁতের

চারা উইক্টার উইলি হাতে নিয়ে হার্টফোর্ড ইউনিয়ন ক্যানাল টো পাথ এবং হেকনি ওয়াক দিয়ে যাত্রা করে।

তারা পিপুল পাতায় এবং স্কুল প্রোথাম এবং ক্রিয়েটিভিটি এবং আর্ট ইত্যাদি কর্মসূচির সাথে টেকনোলজি, সাইস ইঞ্জিনিয়ারিং এবং সাস-

বিজ্ঞান শেখার জন্যে তারা চারা গাছ কি ভাবে

পানির অভাব অনুভব করে সে বিষয়ে শিক্ষা লাভ করে। শিশুরা অন্যান্য বিষয়ে ও ওয়ার্কশপে অংশ নিয়ে বিভিন্ন সৃজনশীল বিষয়ে হাতে কলমে শিক্ষা লাভ করে এবং তারা পুরো অনুষ্ঠানটিতে অংশ গ্রহণ করে তা উপভোগ করে।

# ইয়ুথস সার্ভিসের কর্মকর্তা মরহুম সামাদের প্রতি শ্রদ্ধা নিবেদন

Tributes paid to ‘amazing’ Samad, 24, youth service stalwart – issue 954

টাওয়ার হ্যামলেটসের ইয়ুথ সার্ভিসের যুব কর্মী সামাদ মিয়া দীর্ঘদিন রোগে ভুগার পর সেন্ট জোফেস হসপিসে গত বছরের ২৪ শে নভেম্বর ইন্সেপ্টকাল করেছেন মৃত্যুকালে তার বয়স হয়েছিল মাত্র ২৪ বছর। সামাদ মিয়া বেথনাল গ্রীনে বসবাস করতেন।

টাওয়ার হ্যামলেটস কাউন্সিলের ইয়ুথ এড কমিউনিটি সার্ভিসের ডেন্ডেগে আয়োজিত স্বরণ সভায় পরিবারের সদস্য, বন্ধু-বাক্সের ও সহকর্মীরা তাকে স্মরণ করেন।

মরহুম সামাদ ১৪ বছর বয়স থেকেই ইয়ুথ সার্ভিসের সাথে জড়িত হয়েছিলেন, তিনি ওয়েসেক্স কমিউনিটি সেন্টারের সাথে কাজ করতেন। তিনি ওয়েসেক্স প্র্যাটি হাপ্পলি ইয়ুথ ক্লাবের প্রেশিয়েল



Samad Miah, who died after a long illness

নাড়ের অকলের সাথে কাজ করেছেন।

ইয়ুথ এড কমিউনিটি সার্ভিস এর প্রধান দিনার হোস্টেন সামাদ মিয়া কে শ্রদ্ধণ করতে গিয়ে বলেন, সামাদ তার স্থানীয় কাউনিন্টি, স্টাফ ও তরফনের সাথে মিশে কাজ করতে গিয়ে আনন্দ উপভোগ করতো।

আমরা সামাদের স্মৃতির প্রতি শ্রদ্ধা নিবেদন করছি এবং তিনি তার স্বল্প কর্মসূচি জীবনে তরফনের সাথে কাজ করে যে অন্য দ্রষ্টব্য স্থাপন করেছেন তা ও আমরা শ্রদ্ধা সাথে স্মরণ করছি।

সিনিয়র ইয়ুথ ম্যানেজার গোয়েন জোনস তার মন্তব্যে উল্লেখ করেন সামাদ ছিলেন এক হৃদয় ছেয়া ব্যক্তিত্ব। সদা হাস্যময় এই তরফন সব সময় সাহায্যের হাত বাড়িয়ে দিতেন।

সামাদের কাজ কর্মই ছিল চোখে পড়ার মত

যার কারণে তার কাজের সীক্ষণি স্বরূপ তিনি দুটি জ্যাক প্যাচি পুরুষার লাভ করেছিলেন।

কাউন্সিলের লিভ লাইফ ইউর ওয়েয়ে ক্যাম্পেইনের সাথে জড়িত ছিলেন সামাদ, সেখানে তিনি কৃতিত্বপূর্ণ কাজ করার জন্যে ইয়ুথসার্ভিস থেকে হিন্দেন হিরো পুরুষার লাভ করেন। সামাদ শ্রদ্ধণে ওয়েসেক্স ইয়ুথ প্রজেক্টে একটি মোজাইজ টাওয়ার হ্যামলেটস ফাইল-ইনে স্থাপন করেছে যেখানে মরহুম সামাদের নাম লেখা রয়েছে।

ওয়েসেক্স ইয়ুথ প্রজেক্টের তরফনে মরহুম সামাদ শ্রদ্ধণে বৃক্ষ রোপন করেছে এবং হেলিবারি ইয়ুথ সেন্টারের পক্ষ থেকে একটি বেঁক স্থাপন করা হয়েছে। এ ছাড়াও ২শত পাউন্ড সঞ্চাহ করা হয়েছে।

তা পরে সেন্ট জোফেস হসপিসে দান করা হয়।

## ঐকতান

Send your Bengali and Somali news to Harmony, East End Life, Town Hall, 5 Clove Crescent, Poplar E14 2BG.

7364 4944

### News in brief

#### আফসানা বেনজির (২০)

ডাক্তার হবার স্বপ্ন দেখছেন  
বেথনালগ্রানের বাসিন্দা আফসানা বেনজির (২০) ডাক্তার হবার স্বপ্ন দেখছেন। ইতোমধ্যে তিনি মেডিকেল ও বায়ো মেডিসিন কলেজে কোর্স সমাপ্ত করেছেন এবং পরীক্ষার ফলাফলও খুবই ভাল। এ বছর তিনি মেডিসিন অধ্যয়নের জন্যে ইউনিভার্সিটিতে ভর্তি হবেন।

আফসানা আজ যে পর্যায়ে উঠেছেন তা সভব হয়েছে তার জীবন পরিবর্তনের সংগ্রামের মধ্যে দিয়ে। শৈশবেই আফসানা জীবন কালো মেঘে দেকে দিয়েছিল। তার বয়স ঘৰ্য্যায়ে মাত্র ৬ তখন তার এক পারিবারিক বন্দু দ্বারা সে নির্যাতিত হয়। ১০ বছর বয়স থেকে তার আচরণে ব্যাপক পরিবর্তন আসে বন্ধু-বাক্সের সাথে মেলা মেশা ছেড়ে দেয়। বিষম্বনায় তাকে পেয়ে বসে এর পরিপ্রেক্ষিতে সে দুইবার আভ্যন্তর ও চেস্টা করে।

পারিবারিক বাগড়াবাটির কারণে সে পরিবার থেকে চলে আসে এই সময় প্রিসেস ট্রাস্ট আফসানাকে ১২ সঙ্গাহের একটি পার্সনাল ডেভেলপমেন্ট কোর্সে ভর্তি করে দেয়। প্রথম দিকে সে সকলের সাথে দুর্বৰ্বাহ করতে পরে ধীরে ধীরে সহযোগিদের সাথে ভাল আচরণ করা শুরু করে। এই প্রোগ্রামে সে আবার মানুষের উপর আস্তা আনতে শুরু করে।

আফসানা আবার স্বাভাবিক জীবনে ফিরে তার নিজের উপর আস্তা স্থাপন করে অধ্যয়নে মনযোগ দিয়েছে এবং স্যামসাঙ ইয়েঙ এচিভিউ হিসাবে পুরুষার লাভ করেছে। আফসানা হিসেবে নিজের ক্ষেত্রে একটি পার্সনাল ডেভেলপমেন্ট কোর্সে ভর্তি করে দেয়। তার প্রতিক্রিয়ায় তিনি বলেন আমি আমি এক দীর্ঘ্যাত্মায় পথে নেমেছি এবং এই পুরুষার আমাকে এ পথ্যাত্মায় আরো প্রেরণা যোগাবে।

প্রতিক্রিয়া স্থানের ব্যাপারে যে কেউ তাদের মন্তব্য জানতে পারবে: [www.postofficeviews.co.uk](http://www.postofficeviews.co.uk) এই ই-মেইলে [comments@postoffice.co.uk](mailto:comments@postoffice.co.uk) ০৮৪৫৭ ২২৩০৪৪ এই ফোন নম্বরে অথবা ০৮৪৫৭২২০৩৫৫ এই নম্বরে টেক্সট করতে পারবেন।

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On this month's walk, **Graham Barker** explores the fringes of super trendy Shoreditch. Photos by **Dave Sinclair**.

**STEP by step along this walk, you'll encounter a rich mix of architecture – Georgian silk weavers' houses, Victorian depots and London's first Peabody dwellings and council estate – as well as a jumble of Shoreditch boutiques, cafes and street art.**

From Shoreditch High Street overground station, head underneath the Braithwaite viaduct – an arched brick structure built to carry Eastern Counties Railway trains in and out of Bishopsgate Goods Yard.

Beyond the archway, Bedford House (1) is a handsome 1894 Quaker mission house, named after silk merchant and philanthropist Peter Bedford. Here, the Quakers provided courses and charitable help to locals, until relocating to Bethnal Green in 1947.

A few steps along, the Commercial Tavern curves gracefully around the corner. Take

a moment to peer at the fancy stucco-work wreaths and heads framing the windows.

Commercial Street was created in two phases from 1843-57 to improve road connections to the docks in Wapping.

Warehouses and shops largely ran along both sides, but one exception was the Peabody Trust's first housing block (2), completed in 1864.

It comes to a sharp point at Folgate Street and originally incorporated residents' laundry and bathroom facilities on the top floor – hence the long run of narrow attic windows.

Facing it, and entirely clad in beige faience tiling, are the former tobacco works of Godfrey Phillips & Son (3), an art deco showpiece topped by a clock.

Escape the traffic by heading into Folgate Street. The late Dennis Severs lovingly



Commercial Street improved connections to the docks



Lovers' padlocks and hearts near Shoreditch Ov

# Go beyond

## Walk of the month: Shoredi

renovated No 18 Folgate Street (4) to create an atmospheric 'still-life drama'. Book a visit to wander in the footsteps of the fictional Jervis family; lamps flicker, a half-eaten meal lies on the dining table and the bed sheets are freshly ruffled.

Retrace a few steps and follow Elder Street, flanked by further 1720s houses. French Protestants – or Huguenots – settled hereabouts after escaping religious persecution during the late seventeenth century.

Their silk-weaving expertise transformed Spitalfields into a flourishing commercial centre, and the more prosperous families built houses such as these.

More recently, No 32 was home to Mark Gertler, a talented Bloomsbury group painter of portraits and still life scenes. An extract from his Merry-Go-Round painting is depicted in the pavement roundel outside.

Now take a glance along Blossom Street. The long run of warehousing – four storeys high and punctuated with loading bays and winches – reflects the significance of Bishopsgate goods station nearby.

Until recently, Nicholls & Clarke was one of the main enterprises here, trading since 1875 as lead and glass merchants.

As you emerge from the alleyway onto Shoreditch High Street, there are views left towards the glass-walled City offices, including the 33-storey, wedge-shaped Bishopsgate Tower, straddling the Liverpool Street railway lines. This area was once known as the Liberty of Norton Folgate, an independent extra-parochial plot sandwiched between the City and Shoreditch.

Today, you head right, past the Light Bar (5). It was built in 1893 to generate electric light for Liverpool Street, and saved from demolition after a protracted protest campaign – entirely apposite, considering the Shoreditch borough motto of 'More Light, More Power'. A few doors further on, the Crown & Shuttle is a former Truman's pub with a distinctive stepped gable.

Just beyond the railway bridge, the Tea Building (6) was built in the early 1930s for Lipton's. And next door, the vast Victorian warehouses housed timber merchants, a sign of a once-flourishing furniture trade.



Leila's in Calvert Avenue



A street artist at work

Boxpark (7) opposite is the world's first 'pop-up' shopping mall, created out of 50 re-fitted freight containers. You'll find established brands and up-and-coming retailers here, with eating places on the upper deck.

Look out for two remarkable buildings on Chance Street. Firstly, the former Bethnal Green Synagogue – converted into a studio for the sculptor, Rachel Whiteread, noted for her casts of interior spaces – and then the so-called Dirty House, completely black and inset with highly mirrored windows.

Shabby chic Redchurch Street offers stylish boutiques and cafes set amongst old button factories and street art. At Ebor Street,



Fancy stucco-work wreaths on the Commercial Tavern



verground

Huguenot houses in Folgate Street



Ben Eine's street art in Ebor Street

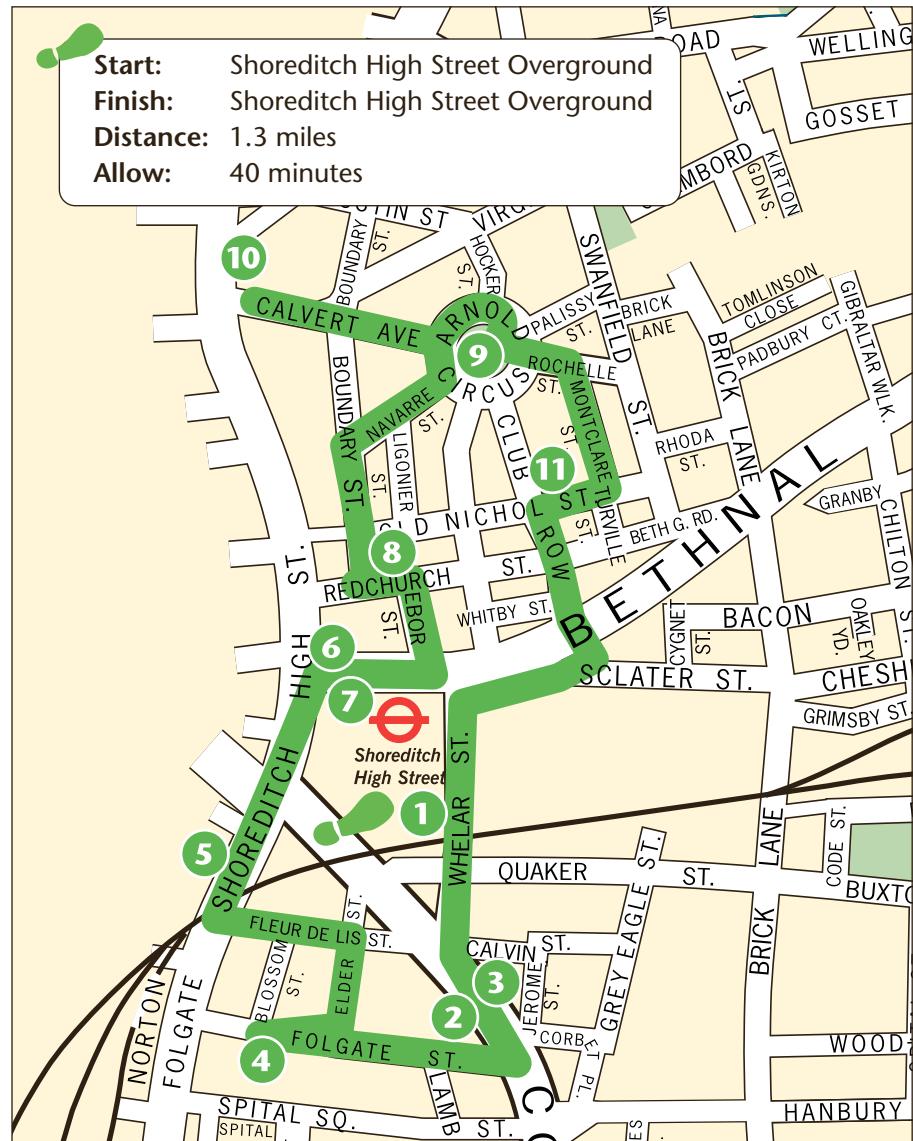


'Pop-up' shopping at the Boxpark

# the fringe

## Shoreditch High Street

**Start:** Shoreditch High Street Overground  
**Finish:** Shoreditch High Street Overground  
**Distance:** 1.3 miles  
**Allow:** 40 minutes



pause for a moment to take in Ben Eine's giant street-long lettering, recently re-phrased to say 'Protagonist' and 'Extortionist'.

Terence Conran's Boundary (8), which helped start the regeneration of Shoreditch, stands on the next corner. This converted printing factory is now a fashionable café-delí, restaurant and hotel, with a rooftop bar.

Alongside, and marked out by its distinctive striped brickwork and tree-lined avenues, the Boundary Estate was the world's first council housing development, built by the London County Council between 1890 and 1900 to replace the notorious Old Nichol slums.

Head through the courtyard between

Abingdon Buildings and Benson House; all of the Boundary blocks are named after places along the Thames, and the street names have a Huguenot flavour.

Arnold Circus (9) is the estate's centrepiece, from which seven streets radiate outwards. In Calvert Avenue there are shops, including Leila's grocery-cum-café and Ally Capellino's bag emporium. The corner building, curving into Virginia Road, was once the LCC's weights and measures office and coroner's court.

From here are views of St Leonard's Church (10), designed in the 1730s by George Dance the Elder and recalled in the Oranges and Lemons line, 'When I grow rich, say the



The former tobacco works of Godfrey Phillips

bells of Shoreditch'. Back at Arnold Circus, a row of two-storey workshops stands behind Marlow House. Many originally housed upholsterers, French polishers and cabinet-makers.

Beyond Rochelle School – where the old bike store is now a tasteful restaurant – head for Montclare Street. The former laundry block reminds us that none of the flats originally had washing facilities. From here, there are skyline views towards the new Avant Garde development on Bethnal Green Road.

On Club Row, St Hilda's East community centre (11) has its origins in an 18th century ragged school. The present 1994 building

mimics the striped brickwork and chequerboard tiling of the residential blocks. Club Row itself was once alive with squawking birds and barking dogs, as the hub of a thriving Sunday small animals market.

Many local buildings have found a new lease of life; back on Bethnal Green Road, Les Trois Garçons – the former Knave of Clubs pub – offers fine dining in an Alice-in-Wonderland setting. The adjacent cocktail bar was built in 1884 as a boot manufactory.

Finally, before you head into Shoreditch High Street station, be sure to look out for the lovers' padlock and hearts collection on the railings opposite.



# Tour of Olympic Park

You can have a sneak preview tour of the Queen Elizabeth Jubilee Park, due to open in phases from July.

SEE BELOW



# 900 skeletons in the crypt...

For two weeks Spitalfields will host a series of events to celebrate the French Huguenot immigrants who transformed the area – don't miss the history talk at Christ Church on April 16.

VISIT [HTTP://WWW.HUGUENOTSPITALFIELDS.ORG/](http://WWW.HUGUENOTSPITALFIELDS.ORG/)

## Out & about guide

### What's on where this week

#### Dance

##### Vintage Dance Club

Boogie, rock'n'roll and the jitterbug, with a live band and professionals to help you learn the steps. £12. Thurs, Apr 18, 6-10.30pm. East Wintergarden, 43 Bank Street, E14. [www.canarywharf.com](http://www.canarywharf.com)

#### Events

##### Park In Progress Tour

See a number of the Olympic Park venues being transformed, plus there is a chance to go up the ArcelorMittal Orbit, the UK's biggest sculpture. Prices vary. Until Sun, Jun 23, times vary. Marshgate Lane, E15. <http://noordinarypark.co.uk>

##### Life and Death in Spitalfields

Nearly 900 skeletons were removed from the crypt of Christ Church Spitalfields. Talk by Dr Margaret Clegg of the Natural History

Museum; part of the Huguenots of Spitalfields Festival. £7 (£5 concs). Tues, Apr 16, 7pm. Christ Church Spitalfields, E1. [www.spitalfieldsmusic.org.uk/whats-on](http://www.spitalfieldsmusic.org.uk/whats-on)

#### Exhibition

##### Material World

Twelve large-format photographs and two sculptures by photographer David Welch. Free. Until May 18, times vary. Roman Road Project Space, 69 Roman Road, E2. [www.romanroadps.com](http://www.romanroadps.com)

#### Film

##### Genesis Kids Club

The latest films for just £2. Every Sat & Sun, times vary – check website. Genesis Cinema, 93-95 Mile End Road, E1. [www.genesiscinema.co.uk](http://www.genesiscinema.co.uk)



#### Alchemy Festival

Annual showcase of music, dance, literature, design and fashion from South Asia and the UK. Highlights include musical performances from British-Asian stars, a fashion show, market and food stalls. Prices vary. Until Sun, Apr 21, times vary. Southbank Centre, SE1. [www.southbankcentre.co.uk](http://www.southbankcentre.co.uk)

#### Music

##### Karaoke at The Birdcage

Become a pop star for a night. Free. Every Fri & Sat until Jun 30, 9pm. The Birdcage, 80 Columbia Road, E2. 7739 0250

##### Victoria Park Singers

New community choir – if you love singing, no matter what your ability, then you are welcome to join. £8o. Weds, Apr 17, 7pm. Royal Inn on the Park, 111 Lauriston Road, E9. [www.victoriaparksingers.co.uk](http://www.victoriaparksingers.co.uk)

#### Walks

##### Guided Walks

Leisurely three-hour walk around the derelict structures of the docks area. £9. Sat, Apr 20, 1pm. Meet at Railway Arms Tavern, 576 Commercial Road, E14. [www.derlictondon.com](http://www.derlictondon.com)

# Thinking of further or higher education?

- Don't have a grant and need financial support for your course?
- Have you lived in Tower Hamlets for the last three years or more?

Then we may be able to help!

The Tower Hamlets & Canary Wharf Further Education Trust issues grants of up to £3,300\*

Closing date for all applications is 12 noon on Friday 14th June 2013

**Don't delay... apply today!**

For further information contact David Stone:  
020 7364 4888 / 07842 287031

Email [david.stone@towerhamlets.gov.uk](mailto:david.stone@towerhamlets.gov.uk)

Or download an application form from:  
[www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)

\*Dependent on course selected.  
See website for details



#### Social

##### Little Spitz' under-5s playgroup

Sun, 10am-12pm, 50p. Tours and stories. Spitalfields City Farm, Buxton Street, E1. 7247 8762

##### Tower Hamlets U3A

Tower Hamlets University of the Third Age offer courses for over-50s to learn T'ai Chi, jazz appreciation, art appreciation, history walking and more. £10 yearly membership. Various days and times. St Margaret's House Settlement, 21 Old Ford Road, E2. 7247 4283

#### Sport & leisure

##### Cricket coaching

Under-11s and under-13s – Weds, 4-5.30pm; under-16s – Tues, 4.30-6pm; ages 16+ – Thurs 5-8pm. Dockland Settlements, 197 East Ferry Road, E14.

##### Docklands women's running group

All abilities welcome  
Mon, 6.30pm. Mile End Stadium, Rhodeswell Road, E14. 07958 368070

##### Football training

Every Sat, 9-11am for boys and girls aged 5-11, Mulberry School for Girls, Richard Street, E1; 12-1pm for boys and girls aged 3-5, St Patrick's School, Dundee Street, E1W. 07956 095218

##### Kibondo

Martial art for ages 6 & over. Mon, 6.30-8pm, all ages; Fri, 7-8.30pm, seniors & adults. £4 adults, £3 children, first lesson free. Teviot Centre, Wyves Street, E14. 07956 428654

##### Kickboxing and self-defence

£5 per class. Sun, 1pm; Tues, 7pm (women only). Whitechapel Sports Centre, Durward Street, E1. 07952 872362

##### Kung fu

Learn the Wong Shun Leung system of ving tsun. Weds, 8-9pm. £7, adults only (kids classes coming soon). St John's Church Hall, 200 Cambridge Heath Road, E2. 07930 609379

##### Kung fu fitness

Mons 7-9pm. Bryant Street Methodist Centre, Stratford, E15. 07950 637345

##### Muay Thai for women

KO London, 186 The Arches, Globe Road, E2. Sat 3-4.15 £7 concs, £9 waged. 7265 9693

##### Multi Sports

Every Sat, 2-5pm. For ages 11-19. George Green's School, 100 Manchester Road, E14. 7987 6032

##### Netball

Arbour Netball Club train at the Parkside Leisure Centre at Mulberry School, Commercial Road, E1 every Monday night. 01277 811772

##### Ninjutsu

Tues, 7-9pm, £5. Docklands Settlement, 197 East Ferry Road, E14.

##### Rugby

Millwall Rugby Club. Men's, women's and youth teams. Suns, 10.30am-12pm (youth); Mons, 7.30-9pm (adults); Weds, 7.30-9pm (men); Thurs, 6.30-7.30pm (boys aged 7-17); Thurs, 7.30-9pm (women all ages). [www.millwallrugby.com](http://www.millwallrugby.com) 07963 5833655

If you have a date for our diary, email [eastendlife.news@towerhamlets.gov.uk](mailto:eastendlife.news@towerhamlets.gov.uk)



## Daisy chain reaches across the pond

Electric Daisy Carnivals are held across the United States, from New York in May to Las Vegas in June, before heading to London a month later and then on to Puerto Rico and Orlando.

SEE BELOW

## Riverside creativity

Trinity Buoy Wharf is a thriving centre for the arts and creative industries on the banks of the River Thames.

[WWW.TRINITYBUOYWHARF.COM](http://WWW.TRINITYBUOYWHARF.COM)

## Out & About



# Kafka's colony makes for a holiday from hell

BY TOM SHEEN

**LONDON'S only lighthouse will invite audience members to be immersed in a new story based on a Franz Kafka classic.**

Trinity Buoy Wharf, on the banks of the Thames at Leamouth, will house Project Colony, based on Kafka's

short story In the Penal Colony.

The audience will become inspectors on an "island" penal colony in the tale about the last use of an elaborate torture and execution device.

This version sees the action transferred to a colonised holiday camp in the 1950s, where a travelling salesman has been invited to witness the execution

of a condemned prisoner on a tropical island.

One half of the evening is more like enjoying a summer camp, before events take a turn for the worse and you are escorted to the basement.

This is the first play by Fourth Monkey, since a successful stint at last year's Edinburgh Fringe with Sarah Kane's 448 Psychosis.

Project Colony is directed by Hamish MacDougall and James Yeatman, who recently worked on a production of The Master and Margarita at the Barbican.

It is at Trinity Buoy Wharf, 64 Orchard Place, E14 until April 27.

Tickets cost between £12 and £16. For more information and to book, visit [www.trinitybuoywharf.com](http://www.trinitybuoywharf.com)

## A Team Arts to stage new power play

**YOUNG people have been putting the finishing touches to a new drama production exploring politics and leadership.**

Staged by the council's youth platform A Team Arts, teenagers aged 13-19 have been rehearsing Nemesis for the past six months.

The high-octane drama explores how the actions of a powerful few can have far-reaching repercussions for the rest of the world.

Characters symbolising five world powers get locked into a game called Nemesis and unwittingly unleash deadly consequences.

The play has been partly devised by young people and is part of the Five Borough Youth Theatre Festival where they will represent Tower Hamlets. They not only act in the play, but have created the costumes and stage sets for the production as well.

Nemesis will be staged at the Brady Arts and Community Centre in Hanbury Street, Whitechapel on Wednesday, April 24, with a free, open dress rehearsal at 7pm.

It will also run on Thursday and Friday, April 25 & 26 at 7pm, and on Saturday, April 27 at 4pm. Entry costs £3.

To book tickets call 73647906 or email [festivals and events@towerhamlets.gov.uk](mailto:festivalsandevents@towerhamlets.gov.uk)



The event attracts top DJs and huge crowds

Picture: Roukes

# Party with an electric atmosphere

**THE QUEEN Elizabeth Olympic Park will host one of London's biggest music festivals this summer, when the Electric Daisy Carnival rolls into town.**

One of America's biggest electronic music festivals – it attracted more than 300,000 people in 2012 – the carnival hits Europe for the first time this year.

The early bird release of tickets sold out in just five minutes after Dutch megastar Tiesto and Grammy award-winning

Swed Avicii were announced as headliners.

Avicii's fellow Swede, Steve Angello, will also appear, while French teenager Madeon will be another must-see.

Radio 1 favourite Mistajam hosts his own arena, with Jaguar Skills, Caspa and drum-n-bass legends Goldie and Shy FX even dusting off some of their old vinyl.

Electric Daisy Carnival is at the park in Stratford, on July 20.

Tickets cost £55. Visit [www.electricdaisycarnival.co.uk](http://www.electricdaisycarnival.co.uk)



Side shows are spectacular

Picture: Erik Kabik

## News in brief

### Secret Garden

THE Space will present one of Britain's most loved and cherished children's tales, The Secret Garden.

Born in Colonial India, Mary is a sickly young girl. Following the death of her parents she is sent back to Victorian Yorkshire to live with her reclusive uncle in his sprawling haunted mansion.

Kept awake by terrible screams at night, Mary has nothing to do in the day except explore the vast gardens.

Discovering a key, a door and the source of those screams – her bed-bound cousin Colin – Mary begins to grow the garden.

The Secret Garden will be at The Space, 269 Westferry Road, Isle of Dogs from Tuesday, April 16 until May 4.

Tickets cost from £8 to £12 – for more information and to book visit <https://thespace.org.uk>

### Act up on course

YOUNG actors can audition for a free course with the Young & Talented theatre group, based at Oxford House in Bethnal Green.

It is designed for young people interested in building a career as an actor, improving their interview techniques, learning how to audition for casting directors and building confidence.

Previous students have gone on to act in TV shows such as EastEnders and Holby City.

The course runs every Friday until May 5, from 5-6.30pm for ages 14-17 and 7-9pm for 18- to 25-year-olds.

For more information, email [yandt@ymail.com](mailto:yandt@ymail.com) or call Suzann on 7556 5348.

### Art club needs you

A WEEKLY art club is looking for new members.

Mo's Art Club, for older people, takes place every Friday between 10.30am and 12.30pm at the Burcham Street Centre in Poplar.

It costs just £1 to join and you can learn, or develop your skills in painting and drawing.

For more information visit <http://mosartgroup.yolasite.com> or call Maureen on 07960 777339.



## World Hunger Day Unplugged LIVE MUSIC EVENTS Central London

May 26, 27, 28  
TO BE ANNOUNCED



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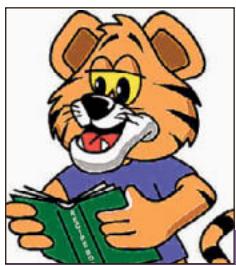
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## Boost your business

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CALL OUR ADS TEAM ON 7364 4940

### Eating out, eating in

# Pop-up dining is perfect place for a summer day

BY GORDON BLUE

**WHAT better place to go on a freezing, supposedly spring day, than a pop-up restaurant which is, for all intents and purposes, outside?**

However, with heaters galore and chimeneas in abundance, we braved the bitter winds and settled down for our alternative Sunday lunch.

As a belated Mother's Day treat we were joined by my mother and as we got into view we were greeted by the charming Matthew, and were seated and heated within minutes.

The roofed area with casual seating and low tables would be perfect for socialising in the summer months.

The menu was a feast of Lebanese street food and we opted for mezze to share of baba ghannouj (roasted aubergine and garlic dip), kibbé lahmé (lamb and cracked wheat parcels) and samboussek jibné (feta and halloumi filled pastry) – all delicious and all gone within minutes.



Yalla Yalla offers quality food

Served with a bottomless dish of steaming hot pitas, this is a meal in itself.

Mains of lamb shawarma

and chicken shawarma were generous, marinated chicken and lamb with parsley, red pepper and onion salad along-

side perfectly salted sauté potatoes.

The meat was succulent and flavoursome and everything served with a generous hand.

For once even mother was defeated and the staff kindly offered to box up leftovers in case she found herself inexplicably starving on the train home.

Lattés were spot on and the homemade lemonade with ginger and mint noteworthy for its refreshing qualities.

This will be the perfect spot if we ever get through this winter/spring and have a proper summer, meanwhile it's worth a visit and, as a pop-up, won't be here forever, so fill your boots.

Three ate as if there was no tomorrow for a little shy of £50 plus service.

For a restaurant brand that has recently been featured in Time Out London's top 50 restaurants, this is quality food and charming service at a reasonable price.

**Yalla Yalla! Pop-up Restaurant is at 186 Shoreditch High Street, E1. Tel: 7287 7663.**

# Meat-free treat is a healthy option

**EVERY month the council's school catering service provides a tasty, easy to prepare recipe from Trigger's school meal menu for you to try at home.**

Trigger has chosen this recipe as his new summer menu features a meat-free Monday to encourage us to eat a little less meat and increase our consumption of vegetables and other sources of protein, like lentils.

Trigger particularly liked this recipe as he loves spaghetti and pasta, especially the whole-

meal variety, which is such a good source of energy.

Send us a picture of yourself preparing or eating the meal – or write a review letting us know what you thought of it.

Email your entry to [www.myschoollunch.co.uk/Tower Hamlets/parents/contact/](http://www.myschoollunch.co.uk/TowerHamlets/parents/contact/) or post it to Recipe Competition, Toby Lane Council Offices, Toby Lane, E1 4DN. Don't forget to write your name, address and phone number on the back.

Happy cooking and don't forget to enter the competition.

### Vegetable bolognese – serves 4

**Ingredients**  
180g mixed vegetables  
140g spaghetti  
50g red lentils  
50g tomato paste

30g cooking onions  
15g mushrooms  
Pinch of mixed herbs  
1g garlic powder  
200ml water

#### Method

1. Soak the lentils overnight and drain.
2. Cook lentils in fresh water in a saucepan.
3. Fry onions in a saucepan and add the cooked, drained lentils.
4. Add rest of the vegetables and tomato puree, herbs, garlic and water.
5. Put in a baking dish.
6. Cover with lid and cook in the oven at gas mark 8, 450F or 230C for 15 minutes. Reduce to gas mark 4, 350F or 180C for a further 45 minutes.
7. Check seasoning.
8. Cook spaghetti according to the package guide.
9. Serve spaghetti and sauce on to a plate.
10. Add a crunchy side salad to accompany the meal.

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[www.greateasterndocklands.com](http://www.greateasterndocklands.com)



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## New homes in Whitechapel

Network Housing Group is a group of six registered housing providers and an independent resident consultancy. It owns and manages over 17,500 homes across London and the South East.

[WWW.NETWORKHG.ORG.UK](http://WWW.NETWORKHG.ORG.UK)

## Property

A POP-UP shop has opened to give people a taste of what the new neighbourhood on the doorstep of the Olympic Park will be like. The shop, in Westfield Stratford City, features a virtual tour through East Village, enabling visitors to discover the parklands, education campus, health centre and sporting facilities.



# 'A jewel tucked away'

BY JESSICA ODUBAYO

**FOUR Georgian-style town houses have been redeveloped in a conservation area in Whitechapel, in keeping with the historical design of the street.**



The five-bedroom houses created in Walden Street

The affordable family homes created by Network Housing Group have been provided in a neighbourhood where larger houses are in particular demand and in short supply.

A feature of the five-bedroom properties includes energy efficient heating systems with discreet solar panels on the roofs to allow residents to control their energy use and cut costs.

Network Housing Group purchased the site in Walden Street – previously temporary teaching accommodation for the Royal London Hospital – following competitive tender.

Working closely with the council, residents were consulted about the new development, which lies within the Myrtle Street conservation area.

Musleha Khanam, one of the new tenants, said: "Walden Street is a jewel tucked away in the heart of east London. The best feature of our new house is the beautifully crafted win-

dows, which ensure a lot of natural light comes in.

"It is also a bonus to have a garden which allows spectacular views of the niche properties within this vicinity."

The group's business development director, Jeremy Stibbe, said: "During the construction of the Walden Street properties Network Housing Group worked closely with architects and planners to ensure that the new builds complemented the historic look and feel of the area.

"It is rare to acquire and develop homes of this size in a high value area such as Tower Hamlets and we are delighted to be able to offer energy efficient family homes which are in keeping with the architecture and history of the area."

The façade of the homes reflects a traditional terrace layout and items such as utility meters have been situated out of view in keeping with the conservation area.

## Tender start for edible feast

### News from Cable Street Community Gardens

**IT has certainly been a long, cold winter with spring plantings suffering as a result.**

For those with itchy fingers, there are many seeds which you can start off in pots indoors on a window sill or sheltered balcony. 'Rootrainers' are ideal for this, allowing plants to become well established and then carefully hardened off before planting outside.

Another advantage is that the tender seedlings are better able to withstand attack by slugs and snails.

Hopefully, we are in for a long, sunny summer, but for those who garden in shady spots or balconies/patios, there are many plants which thrive in cooler, moister conditions.

In fact, shade can be an advantage for pot-grown veg and fruit, as the soil will be less likely to dry out so quickly. Leafy plants such as chard, lettuce,

rocket, coriander and spinach are among the most shade-tolerant edible crops. Runner beans, peas and potatoes also do well.

Why not decorate the outside of your home with some unusual climbers which will offer a tasty addition to a meal as well as a splash of green and colour?

Mid to late spring is a good time to plant out and sow herbs – ideal for small gardens and balconies. Offering attractive foliage, often sweetly scented and great for bees and other insects, herbs can be interspersed with traditional bedding plants.

Not only does adding a sprig of mint or a handful of marjoram lift the taste of dishes, but many have potent health benefits. Thyme infusion mixed with a spoonful of honey is great for coughs and colds, while parsley is good for the kidneys and the leaves of lovage have an antiseptic effect on the skin.

Whatever you plan to grow, here's hoping your crops are plentiful and sunshine and rain come in even measure.

Happy gardening!

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 ਅਧਿਕਾਰੀਵਾਂ ਏਂਡ ਨਿਗਰਾਨੀ  
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Waxaad dooran kartaa guryahan  
 kaliya haddii aad leedahay codsi wali  
 shaqayna oo ku jira liistada guryaha  
 ee Tower Hamlets. Faalaa adigoo raali  
 ah midna ha soo booqan guryahan,  
 waxa laga yaabaa inay buuq ku  
 keenaan jaararka.

Waxaan kaliya oo aan la xidhiidhnaa  
 dadka aanu guryo ugu deeqayno.  
 Guryo bixintu waxa lagu gaadhaa  
 habka mudnaanta loo kala leeyayah  
 ee ku salaysan nidaamka guryo  
 kiraynta. Nuquul ka mid ah  
 nidaamikan waxaad nagaga heli kartaa  
 adigoo la soo xidhiidha telefanka 020  
 7364 2826 ama ciinwaaka internetka

若你仍然登記在塔橋區政府現時生效的房屋名單上，你才可以競投這些房屋。請切勿到任何這些房屋造訪，因為這可能對鄰居造成滋擾。

我們只能聯絡那些我們可以提供房屋的人士。我們根據租屋政策按優先次序提供房屋。欲索取這份政策，請致電我們，號碼 020 7364 2826，或瀏覽網站。

Nếu đơn thỉnh cầu của bạn trong danh sách xin cấp nhà của Tower Hamlets mà có kết quả, bạn có thể lựa chọn những căn nhà này. Xin đừng tới thăm quan bất cứ căn nhà nào vì có thể gây nên những phiền toái cho hàng xóm.

Chúng tôi chỉ có thể liên lạc với những người chúng tôi cấp nhà. Quyết định cấp nhà theo thứ tự ưu tiên dựa trên chính sách cho thuê nhà. Nếu bạn cần bản sao chính sách này, bạn có thể gọi số 020 7364 2826 hoặc vào trang web.

آپ ان کمروں کے لئے صرف اسی صورت میں بولی دے سکتے ہیں اور "کارڈنالز ہاؤس گل بس" میں آپ کی رخصاًت دوچار نہ ہو۔ آپ کے کام کرنے میں سہی گھر کو دیکھ کر میں مٹا جائیں گے۔ آپ کے لئے پھر فنی کا باعث ہو سکتا ہے۔

ہم صرف آن لوگوں سے رابطہ کر سکتے ہیں جنکی پیشگوئی کے طبق۔ پیشگوئی کا درجہ کی پانچی کی تعداد پر تجھی کام کے سکتے ہیں۔ پانچی کی کام کی پانچی سے اس پر برا باط کے درجے و ترتیب مکمل ہے۔ 020 7364 2826 اسے دیکھاں۔

website: [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)

Support Charges apply to **all Sheltered homes for the Over 60's**. This will be covered by Supporting People Subsidy **if you are entitled to Housing Benefit or other benefits**. Subsidy is also available for individuals not in receipt of benefit in some cases. If you need information about financial help, please contact the Lettings Team on 020 7364 0204/0206 or ask for a copy of our leaflet '**Support Charges in long term Supporting People Services**'. This is also available on our website [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk).

Further information on homes advertised is available at One Stop Shops & Neighbourhood Housing Offices

**Key for Accessible Housing Register**  
 Some people require a home that is accessible. These homes are coded as follows:

Category	Description
A Wheelchair Accessible	Purpose built to meet most recent wheelchair housing standards
B Partially Wheelchair Accessible	Designed to older wheelchair housing standards
C Life time Homes	Specifically designed to create an accessible and adaptable home
D Easy Access	Designed to be spacious with no steps to the property
E Step-free	General housing with no steps to the property
F General Housing	Does not meet requirements for other categories
G Not assessed	Property not yet had access survey

Vulnerable applicants who need help and information regarding their housing application and with finding suitable accessible and/or adapted homes, contact the Lettings Client Support Team on 020 7364 0204 / 0206 / 0209.

**1. Internet Bidding**  
 Just log on to  
[www.thhs.org.uk](http://www.thhs.org.uk)

**2. Telephone Bidding**  
 Simply call  
 0845 270 2400



**SHELTERED**  
 Accessible Category D  
 PHOENIX COURT, MAST  
 HOUSE TERRACE, E14

Flat • 1 Bed 2 Person • 2nd floor •  
 Separate kitchen • One lift •  
 Entryphone • Wet room (walk in  
 shower) • GCH • Shared garden •  
 Pets not permitted

Eligibility : Min Client Age 60

£175.92, Weekly - Social Rent  
 Landlord: EAST HOMES

Property Ref: 26800



**SHELTERED**  
 Accessible Category E  
 VIC JOHNSON HOUSE,  
 ARMAGH ROAD, E3

Flat • 1 Bed 2 Person • Ground  
 Floor • Open plan kitchen • One lift •  
 Entryphone • Shower Room with  
 W/C • Electric storage heater •  
 Shared garden • Pets not  
 permitted

Eligibility : Min Client Age 60

£164.07, Weekly - Social Rent  
 Landlord: Gateway Housing  
 Association

Property Ref: 26816



**OVER 50's**  
 Accessible Category F  
 CORNWOOD DRIVE, E1

Flat • 1 Bed 2 Person • 2nd floor •  
 Separate kitchen • One lift •  
 Entryphone • Bathroom with W/C •  
 GCH • No garden • Pets permitted

Eligibility : Min Client Age 50

£136.99, Weekly - Social Rent  
 Landlord: Swan Housing  
 Association

Property Ref: 26819



**BEDSIT SELF-CONTAINED FLAT**  
 Accessible Category F  
 FLANSHAM HOUSE,  
 CLEMENCE STREET, E14

Flat • 0 Bed 2 Person • 3rd floor •  
 Separate kitchen • One lift •  
 Entryphone • Bathroom with W/C •  
 GCH • No garden • Pets permitted

£90.76, Weekly - Social Rent  
 Landlord: Tower Hamlets Council

Property Ref: 26805



**1 BEDROOM**  
 Accessible Category F  
 DENNING POINT,  
 COMMERCIAL STREET, E1

Flat • 1 Bed 2 Person • 4th floor •  
 Separate kitchen • One lift •  
 Entryphone • Own bathroom •  
 GCH • No garden • Pets not  
 permitted

£110.70, Weekly - Social Rent  
 Landlord: EastendHomes

Property Ref: 26815

 <p><b>1 BEDROOM</b> Accessible Category D <b>HATTON HOUSE, HINDMARSH CLOSE, E1</b> Flat • 1 Bed 1 Person • 1st floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted</p> <p>£0.00, Rent to be advised Landlord: EastendHomes</p> <p><a href="#">Property Ref: 26828</a></p>	 <p><b>1 BEDROOM</b> Accessible Category F <b>NEWDIGATE HOUSE, NORBITON ROAD, E14</b> Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Pets permitted</p> <p>£100.66, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p><a href="#">Property Ref: 26804</a></p>	 <p><b>1 BEDROOM</b> Accessible Category F <b>BARLEYCORN WAY, E14</b> Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted</p> <p>£113.41, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p><a href="#">Property Ref: 26825</a></p>	 <p><b>1 BEDROOM</b> Accessible Category E <b>STOCKTON HOUSE, ELLSWORTH STREET, E2</b> Flat • 1 Bed 2 Person • 6th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted Preference will be given to Housing Moves applicants</p> <p>£99.84, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p><a href="#">Property Ref: 26822</a></p>	 <p><b>1 BEDROOM</b> Accessible Category F <b>ROGERS ESTATE, GLOBE ROAD, E2</b> Flat • 1 Bed 2 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted</p> <p>£111.32, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p><a href="#">Property Ref: 26817</a></p>
 <p><b>1 BEDROOM</b> Accessible Category F <b>SWANFIELD STREET, E2</b> Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted</p> <p>£111.07, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p><a href="#">Property Ref: 26811</a></p>	 <p><b>1 BEDROOM</b> Accessible Category F <b>HEYLYN SQUARE, E3</b> Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Private garden • Pets permitted</p> <p>£104.59, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p><a href="#">Property Ref: 26812</a></p>	 <p><b>2 BEDROOMS</b> Accessible Category F <b>LATHAM HOUSE, CHUDLEIGH STREET, E1</b> Flat • 2 Bed 4 Person • 9th floor • Kitchen diner • Two lifts • Separate Bathroom and W/C • Check heating on viewing • No garden • Pets permitted</p> <p>£128.26, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p><a href="#">Property Ref: 26818</a></p>	 <p><b>2 BEDROOMS</b> Accessible Category F <b>CLOVELLY WAY, E1</b> Maisonette • 2 Bed 4 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Wet room (walk in shower) • GCH • No garden • Pets permitted 5 Year Fixed Term Tenancy</p> <p>£151.71, Weekly - Social Rent Landlord: Swan Housing Association</p> <p><a href="#">Property Ref: 26823</a></p>	 <p><b>2 BEDROOMS</b> Accessible Category B <b>JOHNS PLACE, E1</b> Flat • 2 Bed 3 Person • Ground Floor • Separate kitchen • No Lift • Wet room (walk in shower) • GCH • No garden • Pets permitted</p> <p>£129.18, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p><a href="#">Property Ref: 26803</a></p>
 <p><b>2 BEDROOMS</b> Accessible Category F <b>FARTHING FIELDS, E1W</b> Flat • 2 Bed 3 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted Preference will be given to Housing Moves applicants</p> <p>£110.39, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p><a href="#">Property Ref: 26833</a></p>	 <p><b>2 BEDROOMS</b> Accessible Category F <b>MALMESBURY, CYPRUS STREET, E2</b> Flat • 2 Bed 4 Person • 4th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • Electric storage heater • No garden • Pets not permitted</p> <p>£119.66, Weekly - Social Rent Landlord: Southern Housing Group</p> <p><a href="#">Property Ref: 26832</a></p>	 <p><b>2 BEDROOMS</b> Accessible Category E <b>MODLING HOUSE, MACE STREET, E2</b> Flat • 2 Bed 4 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted</p> <p>£119.66, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p><a href="#">Property Ref: 26829</a></p>	 <p><b>2 BEDROOMS</b> Accessible Category G <b>LYSANDER HOUSE, TEMPLE STREET, E2</b> Maisonette • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Pets not permitted</p> <p>£139.95, Weekly - Social Rent Landlord: Tower Hamlets Community Housing</p> <p><a href="#">Property Ref: 26820</a></p>	 <p><b>2 BEDROOMS</b> Accessible Category F <b>CUFF POINT, COLUMBIA ROAD, E2</b> Flat • 2 Bed 4 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted</p> <p>£128.71, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p><a href="#">Property Ref: 26824</a></p>
 <p><b>2 BEDROOMS</b> Accessible Category F <b>COLUMBIA HOUSE, HAMLETS WAY, E3</b> Maisonette • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets not permitted</p> <p>£128.29, Weekly - Social Rent Landlord: EastendHomes</p> <p><a href="#">Property Ref: 26821</a></p>	 <p><b>3 BEDROOMS</b> Accessible Category F <b>WELTON HOUSE, STEPNEY WAY, E1</b> Maisonette • 3 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Pets permitted</p> <p>£128.06, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p><a href="#">Property Ref: 26813</a></p>	 <p><b>3 BEDROOMS</b> Accessible Category E <b>PIGGOTT HOUSE, SEWARDSTONE ROAD, E2</b> Flat • 3 Bed 5 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted</p> <p>£130.49, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p><a href="#">Property Ref: 26830</a></p>	 <p><b>3 BEDROOMS</b> Accessible Category F <b>EAGLING CLOSE, E3</b> Flat • 3 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets permitted 5 Year Fixed Term Tenancy</p> <p>£164.46, Weekly - Social Rent Landlord: Swan Housing Association</p> <p><a href="#">Property Ref: 26814</a></p>	 <p><b>4 BEDROOMS</b> Accessible Category F <b>GLENGALL GROVE, E14</b> House • 4 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Pets not permitted</p> <p>£143.93, Weekly - Social Rent Landlord: One Housing Group</p> <p><a href="#">Property Ref: 26827</a></p>

## AFFORDABLE RENT PROPERTIES

**Changes to Government policy mean that Housing Associations have been forced to charge higher rents on some properties.  
In addition not all tenancies will be tenancies for life.**

**PLEASE NOTE THE RENT LEVEL AND LENGTH OF TENANCY OFFERED ON THE FOLLOWING HOMES. YOU ARE ADVISED TO CHECK THE HOMESEEKERS WEBSITE AT [www.thhs.org.uk](http://www.thhs.org.uk) FOR FURTHER INFORMATION.**

 <p><b>Affordable Rent Property</b> <small>sorry no picture available</small></p> <p>Accessible Category G BRICK LANE, E1  Flat • 1 Bed 2 Person • 2nd floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted 2 - 5 Year Fixed Term Tenancy  £173.60, Weekly - Affordable Rent Landlord: One Housing Group Property Ref: 26826</p>	 <p>Accessible Category G MAIDSTONE HOUSE, CARMEN STREET, E14  Flat • 2 Bed 4 Person • 5th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted  £178.55, Weekly - Affordable Rent Landlord: Poplar HARCA Property Ref: 26831</p>	 <p>Accessible Category F PERKINS HOUSE, ST PAULS WAY, E14  Flat • 2 Bed 3 Person • 4th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted  £178.38, Weekly - Affordable Rent Landlord: Poplar HARCA Property Ref: 26810</p>	 <p>Accessible Category G PLESSEY BUILDING, DOD STREET, E14  Flat • 1 Bed 2 Person • 2nd floor • Open plan kitchen • No Lift • Entryphone • Separate bathroom and W/C • GCH • No garden • Car free home  £151.60, Weekly - Affordable Rent Landlord: Spitalfields HA Property Ref: 26809</p>	 <p><b>Affordable Rent Property</b> <small>sorry no picture available</small></p> <p>Accessible Category D WESTWOOD HOUSE, MILLHARBOUR, E14  Flat • 0 Bed 1 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Separate bathroom and W/C • GCH • No garden • Pets not permitted  £150.00, Weekly - Affordable Rent Landlord: Guinness South Property Ref: 26801</p>
 <p>Accessible Category E ARMAGH ROAD, E3  Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted  Eligibility : Min Client Age 50  £150.85, Weekly - Affordable Rent Landlord: OLD FORD HA Property Ref: 26806</p>	 <p>Accessible Category G CLARE HOUSE, HAWTHORN AVENUE, E3  Flat • 2 Bed 4 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • Electric storage heater • No garden • Pets not permitted  £196.99, Weekly - Affordable Rent Landlord: OLD FORD HA Property Ref: 26808</p>	<h2>Reminder</h2> <p>Please respect people's privacy by not attempting to access advertised properties or knocking at neighbouring homes. This causes a nuisance and may distress some individuals.</p>		

### Permit Transfer Scheme: for residents moving to 3 bedroom or larger social rented car free homes

The Mayor of Tower Hamlets introduced the new Permit Transfer Scheme (PTS) to operate from 5 September 2011 to help to reduce the levels of overcrowding in social rented housing in the borough. The PTS helps some families move to larger social rented car free homes by allowing them to retain one on-street resident car parking permit, subject to the PTS criteria as outlined below being met. The PTS is a change in the operation of the Council's existing on-street Residents' Parking Permit Scheme.

### CAR FREE HOMES No on-street residents' parking permits issued

The Council's 'car free homes' planning policy was introduced in Tower Hamlets in the late 1990s to help reduce traffic congestion and better manage the limited supply of on-street parking spaces. This initiative also helps to reduce the level of air pollution from motor vehicles and encourages more people to walk, cycle and go by public transport.

The Transport for London (TfL) Cycle Hire scheme ([www.tfl.gov.uk/cycling](http://www.tfl.gov.uk/cycling)) and local pay-as-you-go car clubs ([www.carplus.org.uk](http://www.carplus.org.uk)) are also now available in Tower Hamlets to help you get around in healthier, greener ways.

If you live in a car free home, you will not be able to apply for on-street residents' car parking permits, unless you hold a disabled driver's blue badge or are eligible under the Permit Transfer Scheme (PTS), which is targeted at social

rented housing residents. The criteria for the PTS is as follows:

1. applies to residents moving to 3 bedroom or larger social rented car free homes;
2. only one on-street resident parking permit per household is permitted;
3. you must have held your on-street car parking permit for at least 1 year prior to moving home;
4. your on-street parking permit must be renewed and not lapse to remain eligible under the scheme;
5. the tenant is responsible for providing proof of PTS eligibility to Parking Services (including a duly signed and dated Tower Hamlets Homes or housing association approved tenancy agreement); and

6. the PTS was introduced on (and operates from) 5 September 2011 by Tower Hamlets Council and is not retrospective.

Residents in car free homes can apply for a temporary parking permit for visiting trades people for £5 a day. To qualify, written proof of the work to be carried out must be provided, along with the vehicle's details. Each home can apply for a maximum of 20 one-day-permits within a 6 month period.

Alternatively, scratchcards are available for trades people and visitors, providing parking for up to five hours on weekdays and all day on weekends. Households can apply for up to 3 books of 10 scratchcards per year. For permit charges and information, visit [www.towerhamlets.gov.uk/parking](http://www.towerhamlets.gov.uk/parking)

 1. Internet Bidding –  
Just log on to [www.thhs.org.uk](http://www.thhs.org.uk)

 2. Telephone Bidding –  
Simply call 0845 270 2400

**BOW SCHOOL**



**Headteacher:** Cath Smith MA  
Bow School, Paton Close, Fairfield Road, London, E3 2QD  
T: 020 8980 0118 F: 020 8980 1556 E: bs@bow-school.org.uk

**Science Technician**  
35 hours per week • Term Time plus 2 weeks  
Scale 3 - £19,032 pro rata

Are you:  
 • An enthusiastic and motivated scientist?  
 • A good communicator?  
 • Well organised?  
 • Keen to share your knowledge with young scientists?

We are seeking to appoint a Science Technician to join the Science department in our rapidly improving school. In June 2014 we move to a new site and begin our programme of expansion which includes becoming mixed and the introduction of a Sixth Form.

To find out more about how you can make a positive contribution to the lives of young scientists in Tower Hamlets or to request an application pack, please visit our website, email robertsonc@bow-school.org.uk or telephone 020 8980 0118

**Closing date for applications:** Friday 26th April 2013  
[www.bow-school.org.uk](http://www.bow-school.org.uk)

*We are committed to safeguarding and promoting the welfare of our students.*

**'Bow SCHOOL: A VIBRANT, INNOVATIVE AND ENTERPRISING SCHOOL WITH AN EXCITING FUTURE'**

**BOW SCHOOL**



**Headteacher:** Cath Smith MA  
Bow School, Paton Close, Fairfield Road, London, E3 2QD  
T: 020 8980 0118 F: 020 8980 1556 E: bs@bow-school.org.uk

**Midday Supervisor**  
Hours: 1.00 – 2.00 pm, 5 hours per week • Scale 1A2

We are seeking to recruit a midday supervisor to join our team. The successful candidate will be responsible for the welfare of the boys in the dining hall, around the school premises and in the playground. Additional skills required:

- Experience of working with young people
- An understanding of how to manage behaviour in a positive way
- Flexibility
- Understanding of team work

For further information or to receive an application pack please visit our website, email: [robertsonc@bow-school.org.uk](mailto:robertsonc@bow-school.org.uk) or telephone 020 8980 0118

**Closing date for applications:** Friday 26th April 2013  
[www.bow-school.org.uk](http://www.bow-school.org.uk)

*We are committed to safeguarding and promoting the welfare of our students.*

**'Bow SCHOOL: A VIBRANT, INNOVATIVE AND ENTERPRISING SCHOOL WITH AN EXCITING FUTURE'**

**Sheringham Primary School**  
Sheringham Avenue, Manor Park  
London E12 5PB  
Tel: 020 8478 4244  
Email: [info@sheringham-pri.newham.sch.uk](mailto:info@sheringham-pri.newham.sch.uk)  
[www.sheringhamprimaryschool.com](http://www.sheringhamprimaryschool.com)

The school is going through exciting times with the expansion of the school and a brand new building. Due to this there will be a need for more staff as soon as possible. We are a popular, successful school dedicated to learning. We can offer you a welcoming and hardworking staff, friendly children and supportive parents. You would be part of a highly valued support staff that makes a significant contribution towards our calm and effective school.

### TEACHING ASSISTANT

32.5 hours per week - Unqualified £12,836inc, per annum  
Qualified £13,616inc, per annum

#### The successful candidate will have:-

- Enthusiasm and commitment to making a difference to pupil progress and behaviour
- Previous experience of working with children on a one to one basis, in small groups, or working as a class based Teaching Assistant or with children with Special Educational needs is desirable

### NURSERY NURSE

32.5 hours per week (Term Time Only) £18,915 – £20,877inc, p.a. (salary dependant on experience)

#### Successful candidates will:-

- have experience of working with children aged 3 – 5
- hold an NVQ3 or equivalent
- be imaginative and creative
- be prepared to support pupils learning indoors and outdoors
- have bags of energy and enthusiasm

#### Closing date for applications is Friday 10th May 2013.

Visits to the school are warmly welcomed.  
Please call Anne Simmonds to arrange.

**Application form and further details please apply online at [www.newham.gov.uk](http://www.newham.gov.uk)**

Sheringham Primary School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. A full CRB disclosure is required and this can be applied for once a job offer is made.

**Leaders through Sport**

**Make a change TODAY!**

**FREE!!!**

**Training programme for Young People**

**Start date will be 22nd April 2013**

**[www.newark.org.uk/leadersthroughsport](http://www.newark.org.uk/leadersthroughsport)**

To find out more please contact:  
Mukhtar - Project Coordinator  
(t) 020 7392 2121 / 07947 166 711  
(e) [mukhtar\\_newark@yahoo.co.uk](mailto:mukhtar_newark@yahoo.co.uk)

**Volunteers Wanted**

The WHFS Volunteer Maternity Mates Project provides FREE accredited training to volunteers, enabling them to support women through pregnancy and childbirth.

**Open day held on:**  
**Date:** 17th April 2013  
**Venue:** The Brady Centre,  
192 to 196 Hanbury Street, E1 5HU  
**Time:** 11am to 1pm

**Limited places available please contact on** **020 7377 8725 / 07960327760**

   
Language Support | Advice  
Health Education | Research  
North East London and the City

**Did you know...  
you could place your ad with East End Life on this page for as little as £90 + VAT?**

## Career Opportunities



All boroughs are unique. Many are vibrant and multicultural. Some have a rich historical background. Others have a modern edge. Tower Hamlets is all of these - it's got the TH buzz that's felt by those who live and work here....



### Team Manager Transitions

Education, Social Care and Wellbeing  
Ref: ASD00195  
Closing date: 21/04/2013

£42,258 - £44,910

### Teacher of the Vision Impaired

Education, Social Care and Wellbeing  
Ref: ESW00052 | P/T  
Closing date: 06/05/2013

£27,000 - £45,000

### Family Support Worker

Education, Social Care and Wellbeing  
Ref: ESW00052 | P/T  
Closing date: 21/04/2013

£25,515 - £27,009

For more information and to apply for these and other career opportunities, please visit the Tower Hamlets website.

[www.towerhamlets.gov.uk/careers](http://www.towerhamlets.gov.uk/careers)

We shall ensure fairness and equal opportunities throughout our workforce and in service delivery. We welcome applications from suitably skilled candidates regardless of ethnicity, gender, disability, sexuality, religion or age.



**Smart Training**

**Start your career with £3,000 worth of training!**

Are you aged 16-18 and looking to get started in a career? Smart Training – one of the UK's best training companies, can help you with free\* part-time training for nationally-recognised qualifications in:

- |                     |                  |
|---------------------|------------------|
| • Childcare         | • Business admin |
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or see [www.smart-training.com/jobsandadvice](http://www.smart-training.com/jobsandadvice)

### To place your ad in East End Life, call...

**Chris on 7364 4994**

**Fatima on 7364 4623**

**Laura on 7364 0946**

**To reserve your space, please call us to book by midday on the Tuesday prior to the Sunday publication date.**



# Public notices

## LONDON BOROUGH OF TOWER HAMLETS

The Tower Hamlets (A3Parking Places)(No.1) Order 2011  
(Amendment No.1 ) Order 2013

The Tower Hamlets (A6 Parking Places)(No.1) Order 2011  
(Amendment No. 1) Order 2013

The Tower Hamlets (D2 Parking Places)(No.1) Order 2011  
(Amendment No.1 ) Order 2013

The Tower Hamlets (Free Parking Places)  
(General Use-Disabled Persons)(No.1) Order 2010  
(Amendment No.1 ) Order 2013

The Tower Hamlets (Loading Bays) (No.1) Order 2011  
(Amendment No.2 ) Order 2013

The Tower Hamlets (Waiting & Loading Restriction)  
(Amendment No.5 ) Order 2013

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets on 15 April 2013 made the above-mentioned Orders under the relevant sections of the Road Traffic Regulation Act 1984, as amended by Section 5 of the Local Government Act 1985 and the Traffic Management Act 2004.

2. The general effect of the Orders will be:-

- (a) to convert two Permit Parking Only bays from WITAN STREET on the south kerb 5 metres east of the junction with Herald Street to Disabled Parking (No Limit) Only bays;
  - (b) to convert two Resident Parking Only bays on the south kerb outside 24-28 FOURNIER STREET to At Any Time Double Yellow Line and Ambulance Only restrictions;
  - (c) to convert 6 metres of the existing Shared Use Parking bay outside nos. 155/157 MANCHESTER ROAD to a Loading Only Bay;
  - (d) to convert approx.148 metres existing Single Yellow line Waiting restrictions to At Any Time Double Yellow Line waiting restriction on the east kerb of FAIRFIELD ROAD from the junction with Wrexham Road extending northwards;
  - (e) to convert approx. 38 metres existing Single Yellow line Waiting restrictions to At Any Time Double Yellow Line waiting restrictions on the south kerb of NEWARK STREET between the junctions of Halcrow Street and Cavell Street;
  - (f) to convert approx. 41 metres of existing Single Yellow line Waiting restrictions to At Any Time Double Yellow Line waiting restriction on both sides of PAYNE ROAD west of the permit bay outside Fondant Court;
  - (g) to convert existing At Any Time Double Yellow Line waiting restrictions to At Any Time waiting and loading restrictions (ie Double Yellow lines and double kerb chevrons) on both sides of RAVEN ROW between the junctions of Cavell Street and Maples Place;
  - (h) to convert existing Single Yellow line Waiting restrictions to At Any Time Double Yellow Line waiting restrictions in the whole length of WICKFORD STREET;
3. The Regulations, fees and usual exemptions imposed by the governing Traffic Management Orders would apply to the proposals referred to in paragraph 2, as above.
4. A copy of the Orders, which will come into operation on 13 May 2013 and all relevant documents can be inspected at the Parking Services Offices, Mulberry Place (AH), Clove Crescent, London E14 2BE by prior appointment during normal office hours on Monday to Friday inclusive until the end of six weeks from the date on which the Orders were made.
5. Any person desiring to question the validity of the Orders or of any provision contained therein on the grounds that it is not within the relevant powers of the Road Traffic Regulation Act 1984, or that any relevant requirements thereof or any regulations made thereunder has not been complied with in relation to the Orders may, within six weeks of the date on which the Orders were made, make application for the purpose to the High Court.

Date: 15th April 2013

JAMIE BLAKE  
SERVICE HEAD, PUBLIC REALM

## PUBLIC NOTICE

### THE LONDON BOROUGH OF TOWER HAMLETS ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1) TEMPORARY PROHIBITION OF TRAFFIC – OLD BETHNAL GREEN ROAD, NO LEFT TURN FROM CAMBRIDGE HEATH ROAD INTO OLD BETHNAL GREEN ROAD E2

NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets made an Order, which will prohibit vehicular traffic from proceeding in Old Bethnal Green Road between its junction with Poyer Street and its junction with Cambridge Heath Road and from turning left or turning right from Cambridge Heath Road into Old Bethnal Green Road. The restrictions on vehicular traffic will enable essential works to be carried out on the public highway by Cedarmill Developments.

The alternative routes to vehicular traffic will be via Old Bethnal Green Road, Temple Street, Hackney Road and Cambridge Heath Road and vice versa or Old Bethnal Green Road, Canrobert Street, Bethnal Green Road and Cambridge Heath Road or Cambridge Heath Road, Bethnal Green Road, Punderson's Gardens, Middleton Street, Clarkson Street And Old Bethnal Green Road.

The restriction on vehicular traffic will operate for three weekends on the following dates at times when temporary traffic signs are placed on the public highway pursuant to The Traffic Signs Regulations and General Directions 2002:

- Saturday 20th April and Sunday 21st April 2013 from 06:00 hours until 18:00 hours;
- Saturday 27th April and Sunday 28th April 2013 from 06:00 hours until 18:00 hours;
- Saturday 4th May and Sunday 5th May 2013 from 06:00 hours until 18:00 hours.

Please refer any queries regarding the above traffic restriction to Charlie Harrison, Street Works Liaison Officer, Transport and Highways on 020 7364 6671 or email charlie.harrison@towerhamlets.gov.uk

Dated: 15th April 2013

Jamie Blake  
Service Head, Public Realm  
Anchorage House, 2 Clove Crescent, London E14 2BE

## PUBLIC NOTICE

### THE LONDON BOROUGH OF TOWER HAMLETS ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1) TEMPORARY PROHIBITION OF TRAFFIC – OLD CASTLE STREET E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets having consulted with Transport for London, proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Old Castle Street for a distance of approximately 100 metres between its junction with Wentworth Street and its junction with Pomell Way.

The restriction on vehicular traffic will enable essential works to be carried out on the public highway by Optimise Thames Water.

The alternative routes will be via Old Castle Street, Whitechapel High Street, Commercial Street, White Row, Bell Lane, Brune Street, Toynbee Street and Wentworth Street or Wentworth Street, Toynbee Street, Whites Row, Bell Lane, Cobb Street, Middlesex Street, St. Botolph Street, Whitechapel High Street and Old Castle Street.

The restriction on vehicular traffic will operate from Tuesday 7th May 2013 until the end of June 2013 and at times when temporary traffic signs are placed on the public highway pursuant to The Traffic Signs Regulations and General Directions 2002. The works are programmed for completion on Friday 31st May 2013.

Please refer any queries regarding the above traffic restriction to Mick Jameson, Street Works Liaison Officer, Transport and Highways on 020 7364 6717 or email, mick.jameson@towerhamlets.gov.uk

Dated: 15th April 2013

Jamie Blake  
Service Head, Public Realm  
Anchorage House, 2 Clove Crescent, London E14 2BE

## LICENSING ACT 2003

### PREMISES LICENCE OR CLUB PREMISES CERTIFICATE

We, Lovebox Festivals Ltd have applied to the London Borough of Tower Hamlets Licensing Authority on 5th April 2013.

For a Premises Licence for the following premises at: Lovebox 2013, Victoria Park, London, E9.

For the following licensable activities:

Date	Regulated Entertainment (Live music, recorded music, making music, dance, film)	Supply of Alcohol (On Sales)
Friday 19th July	14:00 – 23:00	14:00 – 22:45
Saturday 20th July	12:00 – 23:00	12:00 – 22:45
Sunday 21st July	12:00 – 22:30	12:00 – 22:15

Record of this application can be inspected at: The Licensing Department, London Borough of Tower Hamlets, Mulberry Place (AH), PO Box 55739, 5 Clove Crescent, London, E14 1BY, during normal working hours.

Any interested party may make representation to the licensing authority no later than 5th May 2013.

Representation must be made in writing to The Licensing Department, London Borough of Tower Hamlets, Mulberry Place (AH), PO Box 55739, 5 Clove Crescent, London, E14 1BY.

It is an offence under Section 158 of the Licensing Act 2003 to knowingly or recklessly make a false statement in connection with an application and the maximum fine for which a person is liable on summary conviction for that offence shall not exceed level 5 on the standard scale (£5000).

To advertise in  
East End Life...

call Laura on  
**7364 0946,**  
Chris on **7364**  
**4994** or Fatima  
on **7364 4623**

**Public and Legal notices inform the public of planning act notices from roads to buildings as well as licensing act notices, insolvency acts, notices to creditors, missing beneficiaries etc.**



## LONDON BOROUGH OF TOWER HAMLETS PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990, SECTIONS 10, 67 AND 73

APPLICATIONS FOR LISTED BUILDING CONSENT AND APPLICATIONS FOR DEVELOPMENT WHICH WOULD IN THE OPINION OF THE LOCAL PLANNING AUTHORITY AFFECT THE CHARACTER OR APPEARANCE OF AN AREA DESIGNATED AS A CONSERVATION AREA OR WOULD AFFECT THE SETTING OF A LISTED BUILDING.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

**63-65 Princelet Street, London E1 5LP** PA/13/00677/KHA

The proposal is for the upgrade of the existing rooftop telecommunications site by swapping out of 3 no. existing 3G MHA's to be replaced with 3 no. new 2G/3G MHA's internally within the mock chimney shrouds, the swapping out of an existing cabinet measuring 1200mm x 790mm x 1300mm high for 2 no. cabinets measuring 492mm x 560mm x 798mm high and 600mm x 480mm x 1600mm high. The replacement cabinets are to be sited upon the existing steelwork in the space vacated by the cabinet to be removed.

**49 Quilter Street, London, E2 7BS** PA/13/00524/MCH

Proposed improvements to existing house.

**133 Brick Lane, London** PA/13/00672/KHA

Front and Rear dormer extension to provide 3 Bedroom Maisonette

**Tesco, 657 Commercial Road, London, E14 7LW** PA/13/00543/LAB

Re-branding of Tesco Express to include: Installation of new fascia signage. Installation of new projecting signage. Installation of new "Click and Collect and Welcome" vinyl window graphics. Installation of new trough lighting to replace existing. Installation of Di-Bond surround to ATM

**15 - 17 Redchurch Street, London, E2 7DJ** PA/13/00720/MCH

Erection of a projecting sign on shop front elevation.

**4 Crispin Place, London, E1 6DW** PA/13/00719/SHT

Change of use from restaurant & cafe (Use Class A3) to a drinking establishment (Use Class A4).

**91 Mile End Road, London, E1 4UJ** PA/13/00064/BEE

Replacement of existing cultural centre and mosque.

**26 Ferry Street, London, E14 3DT** PA/13/00724/IOL

Listed building consent for re-roofing works.

**Trinity Centre, Key Close, London, E1 4HG** PA/13/00718/SHA

Installation of steel security bars to ground floor front elevation windows. 6 steel bars are proposed per window.

**Thames Shingle, 18m from 84 Narrow Street, London** PA/13/576/FDA

New sculpture consisting of a life-sized male human figure, standing on a steel support post, positioned on the northern Thames foreshore approximately 18m from the southern boundary of no. 84 Narrow Street.

**554-556 Roman Road, London, E3 5ES** PA/13/00766/IOL

Change of use from a grocery retail store (A1 use), to a mixed class coffee shop (A1/A3 use).

**Metropolitan Wharf Building, 70 Wapping Wall, London** PA/13/00154/MCH

new structural opening within an existing internal wall in the Metropolitan Wharf building and the fit out of the space to be suitable for a restaurant (A3 use has been previously granted).

**60 Wrexham Road, London, E3 2TJ** PA/13/429/FDA

Proposed erection of rear dormer window, together with three front rooflights and a single storey infill extension at rear.

**101 Whitechapel High Street, London, E1 7RA** PA/13/685/SHT

Creating Mini Cab Office at the ground floor level using the vacant space of the lobby

**City View Hotel, 287 Cambridge Heath Road, London, E2 0EL** PA/13/701/NAS

Application for removal or variation of a condition following grant of planning permission. Condition 2 (variation), Condition 4 (removal). Planning permission dated 26 April 2012, reference number PA/11/03463.

**55 Tredegar Square, London, E3 5AE** PA/13/781/BE

Listed Building Consent sought for: Alteration to rear basement window to french doors. Enlargement of hatch between front & rear basement rooms to doorway. Removal of chimney breast to front basement room. Replacement of lower flight of stair to match original. Removal of false wall to chimney breast in 2nd floor front room. Enlargement of skylight in attic.

**Railway Arches 250 To 255, Paradise Row, London, E2** PA/13/733/PL

The proposal is for physical refurbishment and change of use from B1/B2 and B8 to A3 commercial arches, including installation of new elevations (brickwork and glazing), internal improvements and resurfaced private access road.

**11-14 Vine Court, London** PA/12/3303/EM

Erection of a four storey building to provide 5 x new residential units.

**54 Cold Harbour, London, E14 9NS**

Loft conversion with rear dormer and rear ground floor extension.

PA/13/761/FD

**55 Cottage Street, London, E14 0AA**

Proposed single storey rear extension (conservatory).

PA/13/612/FD

**27 Selwyn Road, London, E3 5EA**

Erection of a single storey rear extension and extension to the basement.

PA/13/736/PL

THE FOLLOWING ARE HOUSEHOLDER APPLICATIONS AND IN THE EVENT OF AN APPEAL AGAINST A REFUSAL OF PLANNING PERMISSION, WHICH IS TO BE DEALT WITH ON THE BASIS OF REPRESENTATIONS IN WRITING, ANY REPRESENTATIONS MADE ABOUT THESE APPLICATIONS WILL BE SENT TO THE SECRETARY OF STATE, AND THERE WILL BE NO FURTHER OPPORTUNITY TO COMMENT AT APPEAL STAGE.

**50 Cold Harbour, London, E14 9NS**

Single storey rear extension and one additional window to side elevation.

PA/13/00688/IOL

**26 Mile End Place, London, E1 4BH**

Demolition of single storey rear addition and erection of glazed single storey side addition and two storey rear addition

PA/13/00712/LAB

**6A Newell Street, London, E14 7HR**

Erection of two storey side extension.

PA/13/00561/IOL

**45 Redchurch Street, London, E2 7DJ**

Installation of 2 air conditioning units to rear flat roof of building.

PA/13/708/SHT

Copies of the applications and plans may be inspected between the hours of 9am-5pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk). If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 21 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated: 15th April 2013

OWEN WHALLEY  
Head of Planning and Building Control



## LONDON BOROUGH OF TOWER HAMLETS

## TOWN & COUNTRY PLANNING ACT 1990

MAJOR APPLICATIONS UNDER ARTICLE 13(4) OF THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2010 AND OTHER SIGNIFICANT APPLICATIONS.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

**91 Mile End Road, London, E1 4UJ**

PA/13/00064/BEE

Replacement of existing cultural centre and mosque.

**Devons Wharf, Leven Road, London**

PA/13/678/TIR

Application for extension of time limit for implementing existing planning permission PA/09/00109. Redevelopment of site comprising the erection of a six and eleven storey building to provide 7 affordable B1 units and 66 residential units together with 12 car parking spaces, riverside walkway and public forecourt.

Copies of the applications and plans may be inspected between the hours of 9am-5pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk). If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 14 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated 15th April 2013

OWEN WHALLEY  
Head of Planning & Building Control



## LONDON BOROUGH OF TOWER HAMLETS

### LICENSING ACT 2003

#### NOTICE OF APPLICATION FOR A PREMISES LICENCE

NOTICE IS GIVEN THAT HYKMAT ULLAH has applied to London Borough of Tower Hamlets Licensing Authority for a Premises Licence under the Licensing Act 2003.

Premises: Perfect Fried Chicken,  
491 Cambridge Heath Road, London E2 9BV

The licensable activities and timings are:  
Sunday – Thursday 10.00 – 02:00  
Friday – Saturday 10:00 – 04:00

Anyone who wishes to make representations regarding this application must give notice in

writing to: The Licensing Section, London Borough of Tower Hamlets, Mulberry Place (AH), PO Box 55739, 5 Clove Crescent, London E14 1BY. Website: [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk) Tel: 020 7364 5008

Representations must be received no later than: 07/05/13

The Application Record and Register may be viewed between 10am and 4pm Monday to Friday during normal office hours at the above address.

It is an offence under Section 158 of the Licensing Act 2003, knowingly or recklessly to make a false statement in connection with an application and the maximum fine for which a person is liable on summary conviction for the offence is up to level 5 on the standard scale (£5000).



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## McNess eyes final glory

Repton welterweight Sam McNess, left, is one contest away from becoming national boxing champion – the club's last hope of a senior crown in the ABA championships.

SEE PAGE 34

## Tell the East End

Do you have a sports club you would like to be included in our listings? If so email the details to...

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK

## Sport

### Leisure centres

#### John Orwell Sports Centre

Tench Street, Wapping, E1W.  
7488 9421

#### Langdon Park Leisure Centre

35 Byron Street, Poplar, E14  
SHOKK Youth Fitness Centre.  
7987 3575

#### Mile End Park Leisure Centre

190 Burdett Road, E3.  
8709 4420

#### Mile End Park Stadium

Rhodeswell Road, Poplar, E14.  
8980 1885

#### St George's Pools

221 The Highway, Wapping E1W.  
7709 9714

#### Tiller Leisure Centre

Tiller Road, Isle of Dogs, E14.  
7987 5211

#### Whitechapel Sports Centre

55 Durward Street,  
Whitechapel, E1.  
7247 7538

#### York Hall Leisure Centre

5-15 Old Ford Road, Bethnal Green, E2.  
8980 2243

### Keep fit

#### Body conditioning

Thurs, 6.15pm. Shadwell Basin Centre, Glamis Road, E1.  
07961 951522

#### Coaching for juniors

Badminton & volleyball. Ages 9-16, all levels welcome. £1.  
Sats, 12-2pm. Handball. for ages 9-16. £1. Sats 2-3.30pm. Bethnal Green Academy Sports Centre, Gosset Street, E2.  
7920 7937

#### Fitness Boot Camp

Sat 9.30-10.30am at Mile End Park, Grove Road, E3.  
07946 312102

#### Hatha yoga class

Sats 9am at Yoga Place, Bethnal Green Road, E2.  
07905 944314

#### Keep fit

Weds, 10.15-11.15am, crèche available. Lansbury Lodge, 117 Ricardo Street, E14.  
7515 7471

## 'Girls' give trip a big cash boost

### Football

**TOWER Hamlets under-11s player Charlie Mifsud did his bit for the team's bid to get to Jersey for a prestigious football tournament.**

The team, made up of the borough's best players, all want to go on the trip which will cost around £650 per player and Charlie raised £300 towards the cost by doing a sponsored run, dressed as a girl.

Charlie, along with team-mate Bobby, did 20 laps around Chisenhale Primary School, Bow, in front of the whole school and teachers, to rapturous applause.

"It was really good. We are so very proud of Charlie," said his mum Vicki.

"We would like to thank everyone who has sponsored him, from friends and family to all the local businesses, shops and market stall owners."

To help sponsor the team, contact team coach David Molloy at [dmolloy.thysf@gmail.com](mailto:dmolloy.thysf@gmail.com)



Charlie and Bobby, all dressed up for fund-raising

#### Keep fit

Weds, 11.45am-12.45pm. St Hilda's East Community Centre, 18 Club Row, E2.  
7739 8066

#### Martial arts

Adults/junior kickboxing: Tues, 6.30-7.30pm; senior ju-jitsu (male & female), Tues, 7.30-9pm; adults/junior kickboxing self-defence, Weds, 6.30-7.30pm; seniors kick/Thai boxing (male & female), Weds, 8-9.30pm. Shadwell Basin Project Centre, Glamis Road, E1.  
07811 105620

#### Personal training

Get fit, lose fat, tone muscles. Unit 1, Simon House, Limehouse Studio, 566 Cable Street, E1W.  
07900 216005

#### Pregnancy yoga classes

Small group and private tuition. Suitable for mums-to-be from 14 weeks onwards. Call Claire.  
07958 645978

#### Seniors exercise

Mons, 1.30pm, line dancing; Tues, 10.45am, workout. London Dockers Club, 6 Boulcott Street, E1.  
7790 3785

#### Step 'n' tone

Tues, 7pm. Shadwell Basin Centre, Glamis Road, E1.

07961 951522

#### Taekwondo

Beginners welcome. Adults & juniors. Tues 6.30-8pm and Sun 1-3pm at Langdon Park Sports Centre, Byron Street, E1.  
8310 1469

#### Tai Chi

Daily, for health and self defence. 449-453 Bethnal Green Road, E1.  
7033 3993

#### Tai Chi for beginners

Mons 6.15-8.15pm and Sats 9.30-11.30am at Roland Philipp's Scout Hall, Aylward Street, E1. Also, Fri 6.30-8.30pm at St Barnabas Church, corner of Grove and Roman Road, E3. £7.  
07748 985209

#### Women's keep fit

Tues & Thurs, 10.30-11.30am, £2. Garret Centre, 117 Mansford Street, E2.  
7739 7241

#### Women's keep fit class

For all ages. Sats, 1.30-3pm. Diesel Gym, Top Floor, Simon House, Butchers Row, E1W.  
07960 434110

#### Yoga

Hatha yoga, women only, Sats, 11.45am-1pm. Warrior power flow, Mons 7-8.15pm. Deep yoga flow, Sats 11am-12.15pm.  
for ages 3-5. St Patrick's School,

£7.50. The Threshold Centre, 1 Ada Place, E2.  
7729 2961 or 07932 576333

#### Zumba classes

Every Weds, 7.30-8.30pm. £5. Tredegar Community Centre, 333 Morville Street, E3.  
07884 168176

#### Zumba Fit

Fun and energetic class. All levels welcome. £5. Every Weds, 6.30-7.15pm. Bow Methodist Church, 1 Merchant Street, E3.  
07592 140590

#### Sport

##### Cricket coaching

Under-11s and under-13s – Weds, 4-5.30pm; under-16s – Tues, 4.30-6pm; ages 16+ – Thurs 5-8pm. Dockland Settlements, 197 East Ferry Road, E14.  
07952 872362

##### Berner Football Academy

Under-12s, part of TH Youth League. Matches on Sat, train on Sun. Christian Street Ball Court, Berner Estate, E1.  
07960 434110

##### Football training

Sat, 9-11am for boys and girls aged 5-11, Mulberry School for Girls, Richard Street, E1; 12-1pm for ages 3-5. St Patrick's School,  
KO London, 186 The Arches,

Dundee Street, E1W.  
07956 095218

#### Kibondo

Martial art for age 6 and over. Mons, 6.30-8pm. Fri, 6.30-7.30pm, children; 8-9pm, adults. £3.50 adults, £2.50 children, first lesson free. Teviot Centre, Wyves Street, E14.  
07956 428654

#### Kickboxing and self-defence

£5 per class. Suns, 1pm; Tues, 7pm (women only). Whitechapel Sports Centre, Durward Street, E1.  
07952 872362

#### Kung fu

Wong Shun Leung system of wing tsun. Weds, 8-9pm. £7, adults only (kids classes soon). St John's Church Hall, 200 Cambridge Heath Road, E2.  
07930 609379

#### Kung fu and self-defence

Mon, 7.30-9pm. 2nd floor, 56-60 Nelson Street, E1.  
07947 126852

#### Kung fu fitness

Mons 7-9pm. Bryant Street Methodist Centre, Stratford, E15.  
07950 637345

#### Muay Thai for women

KO London, 186 The Arches,

Globe Road, E2. Sat 3-4.15 £7 concs, £9 waged.

7265 9693

### Multi Sports

Every Sat, 2-5pm. For ages 11-19. George Green's School, 100 Manchester Road, E14.  
7987 6032

### Netball

Arbour Netball Club train at the Parkside Leisure Centre at Mulberry School, Commercial Road, E1 every Monday night.  
01277 811772

### Rugby – men, women, youths

Millwall Rugby Club. Suns, 10.30am-12noon (youth); Mons, 7.30-9pm (adults); Weds, 7.30-9pm (men); Thurs. 6.30-7.30pm (boys aged 7-17); Thurs, 7.30-9pm (women all ages).  
07963 583365

### Sun kune do

Mons, 7-8.15pm. Adults £4.50, ages 10-16, £3.50. Lifra Hall, 7 Halley Street, E1.

### Table Tennis Club

Every Sat, 10am-12pm. For ages 11-19. George Green's School, 100 Manchester Road, E14.  
7987 6032

### Taekwondo classes

Taster class £5 for adults, £3 for children aged five to 14. Normal price adults £50 per month, £40 per month. Easy Studio, 60-64 Kingsland Road, E2.  
7033 4660

### Women's football

Train with East London Ladies FC at Whitechapel Sports Centre, Durward Street, E1. Mon, 8-9pm, ages 16+. Free.  
[www.eastlondonladiesfc.co.uk](http://www.eastlondonladiesfc.co.uk)

### Women's running

Network Group. Weds, 6.30pm. Mile End Stadium, Rhodeswell Road, E14.  
07958 368070

### Women's self-defence

Mons, 7-8.15pm, £5 adults/ £3.50 children. John Orwell Sports Centre, Tench Street, E1.  
07949 597965

Email listings to [eastendlife.news@towerhamlets.gov.uk](mailto:eastendlife.news@towerhamlets.gov.uk)

## Millwall hit back

Millwall Rugby Club came from 7-0 down to beat Dagenham 17-39 and boost their hopes of survival.

SEE BELOW

## Sport

### East London end season in style to keep unbeaten run

#### Hockey

**EAST London Hockey's first team ended their title-winning season in style as they extended their unbeaten run in the division to 22 matches.**

Top goalscorer Adam Lord was again the hero as he scored two goals in a 7-0 victory over Redbridge & Ilford last weekend.

Alex Kickham, Phil Rae, Felix Evans, James Cook and Dan Collis were also on the score-sheet as Adam Willoughby's side said goodbye to Division 2.

The ladies' first team did their own promotion chances no harm with an impressive 5-1 win at Potters Bar, leaving them in

a prime position to go up if they win their final match.

Robyn Shears scored two goals in a match that was level at half-time, before East London were able to find another gear and race away in the second half.

The club's other sides were less successful with both the men's second and sixth teams losing.

The fourths had their chance of sneaking into top spot of Division 6 scuppered by a 2-1 loss to local rivals and league champions Wapping, but there was a bright spot as the thirds kept their fight against relegation alive with a 1-1 draw against Waltham Forest.

### Albion win a thriller but leave it till the last minute

#### Football

**MILLWALL Albion played out a thrilling match with Collier Row, beating them 4-3 with a last minute winner.**

The team had not played for a couple of weeks and the last time the two sides met, Collier Row ran out 4-0 winners.

A couple of players were also away because of Easter and when Collier Row took the lead it may have signalled defeat for Albion.

But they fought back and then took the lead before going 3-1 up with 20 minutes left.

Collier Row then led a remark-

able comeback of their own to make it 3-3 and enough to secure a point.

With the clock ticking down Millwall managed to find a fourth goal and the three points keep them fifth with four matches left.

"It was a top class performance from the whole team," said their manager, Lee Rabin.

"Keeper Mitchell Clark was on form again for us. I'm proud to be their manager and work with a great bunch."

Goalscorers were Elliott Adu, a fine brace from team captain Charlie McElligot and new boy Tauqeer Ahmed scored on his debut.

### McNess goes marching on

#### Boxing

**REPTON had two boxers in the elite ABA semi-finals last Saturday.**

Chris Ali and Sam McNess travelled to Lewisham just a single victory away from the national finals in Sunderland.

Welterweight McNess was victorious against Golden Ring's Adam Grigg in a fight he later

described as "the toughest of my career".

Unfortunately Ali could not join him in the final as he fought bravely before losing to reigning national champion Reece Bellotti from South Oxhey.

■ Lansbury's 13-year-old prospect Farhat Salam out-pointed Barking's Callum Alboni on the Newham show at East Ham Working Men's Club.



## Take a positive step forward

East London HIV charity Positive East is looking for runners to join its team for the British 10k race. The charity is giving away free places if you can raise at least £150. For details contact...

MARK.BUTCHER@POSITIVEEAST.ORG.UK

# Lions roar to give their survival hopes a boost

BY TOM SHEEN

**MILLWALL gave their survival hopes a huge boost with an excellent win away to a strong Dagenham team.**

But it wasn't all plain sailing as a slow start saw Lions concede a try with less than a minute on the clock.

A conversion left them 7-0 down but Millwall began to grow into the game, with strong performances from the front row trio of Shaun Cooke, Rob Ralph and Martin Ward.

Millwall's first try came from a strong lineout and maul that allowed George Jenkins to touch down.

Dagenham brought the game back to 10-5, but the strong showing from the Millwall forwards provided an excellent base for Andy Long to command the backs.

Millwall's second try came from another well-worked lineout, with scrum half Iwan Thomas the scorer.

The Lions domination in the breakdown brought further tries, from Sean Edwards



Tom Ronayne tries to break through

and then Matt Rowland, to leave the Millwall 24-10 up at the break.

The Lions' pack continued to dominate in the second half with Randall Powell and Richard Flisik catching the eye before

Thomas added his second try and Matt Hopkins combined

with captain Jake Vinnicombe to cross the line.

Dagenham added a late consolation score, but Sean Allen powered over the line to finish the match at 17-39.

"It was a massive effort from the boys," said Vinnicombe. "It was very tough out there, but

we showed we can compete with any team in this league.

"Hopefully we can beat Burnham next week to put a marker out for next year."

Coach Dave Roberts said: "Our set piece was great and gave us a lot to go forward. Hopefully we can build on this game."

# Battle is on for the Mayor's Cup

#### Football

**SOME of Tower Hamlets' best footballers have been battling it out for the Mayor's Cup 2013.**

More than 35 teams took part in the heat stages on April 6 and 7, bidding to qualify for the finals which were due to take place on Sunday, April 14 at Mile End Stadium.

The council, in partnership with community organisations, is hosting the third Mayor's Cup with teams entering from across East London to compete in nine categories.

Mayor Rahman said: "It is



Action from the Mayor's Cup

Photo: AZ Sports Images

extremely positive to see hundreds of young people get active and take part in the heat stage.

There has been a huge amount of talent on show already."

Mesba Ahmed, chief execu-

tive of London Tigers, said: "The tournament has been played in good spirit."

The junior heats were due to take place on April 13, with 25 teams in four age groups. There will be a staggering 300 players taking part.

#### The finals include:

- Under 14 – Vallance FC v Somers Town Future
- Under 16 – Vallance FC v Somers Town Future
- Under 18 – Bethnal Green Utd v Bromley
- Seniors – Bromley v London Tigers
- Women's – Tower Hamlets Women FC v Kikk Talang



## Lawyer puts his best foot forward

Local runners are making their final preparations for the London Marathon and among them is solicitor Jonathon Milne, who will be raising money for the Meningitis Research Foundation.

**SEE BELOW**

## Sport



East London HIV charity Positive East is looking for runners to join its team for the British 10K, a race that goes right through the heart of London. The charity is giving away free places in its team if you pledge to raise a minimum sponsorship of £150 and

you even get a free T-shirt. For more information or to sign up email [mark.butcher@positiveeast.org.uk](mailto:mark.butcher@positiveeast.org.uk). Finally, Tower Hamlets needs runners to compete in the Battle of the Boroughs race, which will be held in Greenwich Park, on May 18.

The event will bring together competitors from 33 London boroughs to see which will be crowned the capital's running hotspot. For more information or to sign up visit [www.thefixevents.com/content/battle-of-the-boroughs-2013](http://www.thefixevents.com/content/battle-of-the-boroughs-2013)

# Charity the key for marathon hopefuls

BY TOM SHEEN

**EAST ENDERS** continue to pound the pavements as they enter the final stages of training for the London Marathon on Sunday, April 21.

Jonathon Milne, 28, a solicitor from Shoreditch, is running to raise money for the Meningitis Research Foundation.

"I've chosen to run the London Marathon both as a personal challenge and, to help raise awareness for a cause that has had a huge impact on my family," he said.

"My older brother Simon contracted meningitis in 1977 when he was in Taranaki Base

Hospital in New Plymouth, New Zealand, and he sadly died.

"By taking part in the race, I hope to raise awareness of this terrible disease and how quickly it strikes and help Meningitis Research Foundation continue their work into beating the disease and supporting those affected by it."

Jonathon hopes to complete the race in less than three hours, 30 minutes; to sponsor him visit [www.justgiving.com/Jonathon-Milne](http://www.justgiving.com/Jonathon-Milne)

Bow man Bill Wright is raising money for the Sea-Change Sailing Trust who provide opportunities for young people and vulnerable adults to

learn and develop in the unique environment of a traditional Thames sailing barge.

The 62-year-old said: "I'm running the marathon to publicise the charity and raise money to support people on their training and help towards the appeal for a new vessel."

"Training has been difficult with the long, cold winter, but I'm looking forward to the fabulous support that local people give to all the runners on the day, and raising quite a bit of cash."

To sponsor Bill, visit <http://mydonate.bt.com/fundraisers/billwrightlondonmarathon>

International youth charity

The Daneford Trust, which is based in Bethnal Green, not only has one of its trustees, Cathy Bryan, running the marathon, but are also having a whole 'Fitness Fortnight', with runners in the East London Half-Marathon and the Newham 10k.

Nine members are running in the races, with a group of pupils and teachers from West Ham Park and Deptford Green schools raising money for their volunteer placements in Uganda in August.

To sponsor any of the Daneford Trust's runners, visit <http://uk.virginmoneygiving.com/team/danefordfitnessfortnight>

## One of their own

Boxing stars pay tribute to Michael Norgrove following his death after a contest in London.

## Ex-champions pay tribute to tragic boxer Michael

### From back page

"We have fond memories of a nice guy. What has happened is a real tragedy and condolences from everybody at Repton go to Michael's family."

Repton's senior coach Tony Burns fondly remembered Norgrove who got to the National finals before turning pro in 2009.

"He showed a lot of promise and had some good wins for us – including successes in the ABA novice championships," said Burns.

"I would've liked him to have stayed longer at the club. I am sure he could have achieved more amateur titles."

Hinds was commended for his actions in the ring as onlookers said he did everything he could to ensure Norgrove was treated, with the boxer imme-

diately rushed to hospital.

Tributes from members of the professional boxing world also flooded in for the fighter, with former world champion Barry McGuigan, James DeGale, who Norgrove sparred with, and many more all expressing their condolences.

Former Repton boxer Darren Barker tweeted: "Though I didn't know you, anyone who has worn the green and gold of Repton is a brother of mine. RIP Michael Norgrove."

Another ex-Repton boxer, Frank Buglioni – who now trains with the TKO Gym in Canning Town and has a fight on April 20 at Wembley Arena – also tweeted: "RIP Michael, loved by everyone that met you mate, credit to your family and the sport of boxing. Thoughts go out to your family x."

## Dockers beat the weather

### Rugby league

**NEWHAM** Dockers junior teams returned to home action for the first time this year after a number of cancellations due to bad weather.

The West Ham based rugby league team, who have a number of Tower Hamlets residents in their ranks, are affiliated with professional Super League side London Broncos.

The U14s hosted top of the table side Medway Dragons and there were impressive performances from Ben Lazar, Alfie Sillitoe, Jordan Kennedy and Rikki Cooper, but the more ex-

perienced Medway team eventually won 64-0.

The U16s fielded six debutants to even get a team out, but put in a good show against Hemel Stags going down 52-20.

Newham's U19s then took the field against a well organised Barking & Dagenham Bulldogs outfit. Again the final score did not reflect the flow of the match as the Bulldogs ran out 58-10 winners.

Former London Broncos academy star Sean Osbourne scored in his first match since returning from knee injury in 2012.

For further information on the club visit [www.eastlondonrugbyleague.com](http://www.eastlondonrugbyleague.com)

## Ruqsana's world title bid

### Muay Thai

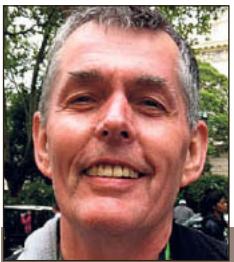
**MUAY THAI** fighter Ruqsana Begum was due to be in action in her first ever World Title fight as East End Life went to press.

Begum, 29, travelled to Birmingham on Saturday, April 13 to face the Italian Silvia La Notte,

holder of the prestigious ISKA World Championship belt.

"I'm looking forward to the fight, training is nearly over now. All the hard work is done," she said.

For more information and to find out the result visit Ruqsana's Facebook page, British Muay Thai.



## Support Bill

Bill Wright is looking for sponsors when he runs in the London Marathon.

**SEE PAGE 35**



## No need to sit on the sidelines

There are many ways you can take part in sport and improve your fitness in Tower Hamlets. Our listings include everything from cricket to yoga and aerobics to taekwondo.

**SEE PAGE 33**



**NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY**



Michael Norgrove during his Repton amateur career

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## Your chance to be a trader

First-time market stall holders can apply for a free trial pitch

**SEE PAGE 9**



## History around every corner

Join Graham Barker for his latest fascinating guided walk

**SEE PAGES 18 & 19**



## Cup heads to a grand finale

Catch up with the latest action from this year's Mayor's Cup

**SEE PAGE 34**

ISSUE 955 15 - 21 APRIL 2013

[WWW.TOWERHAMLETS.GOV.UK](http://WWW.TOWERHAMLETS.GOV.UK)



# eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY



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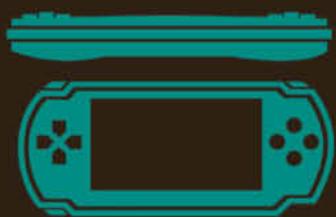
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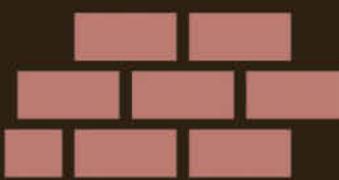
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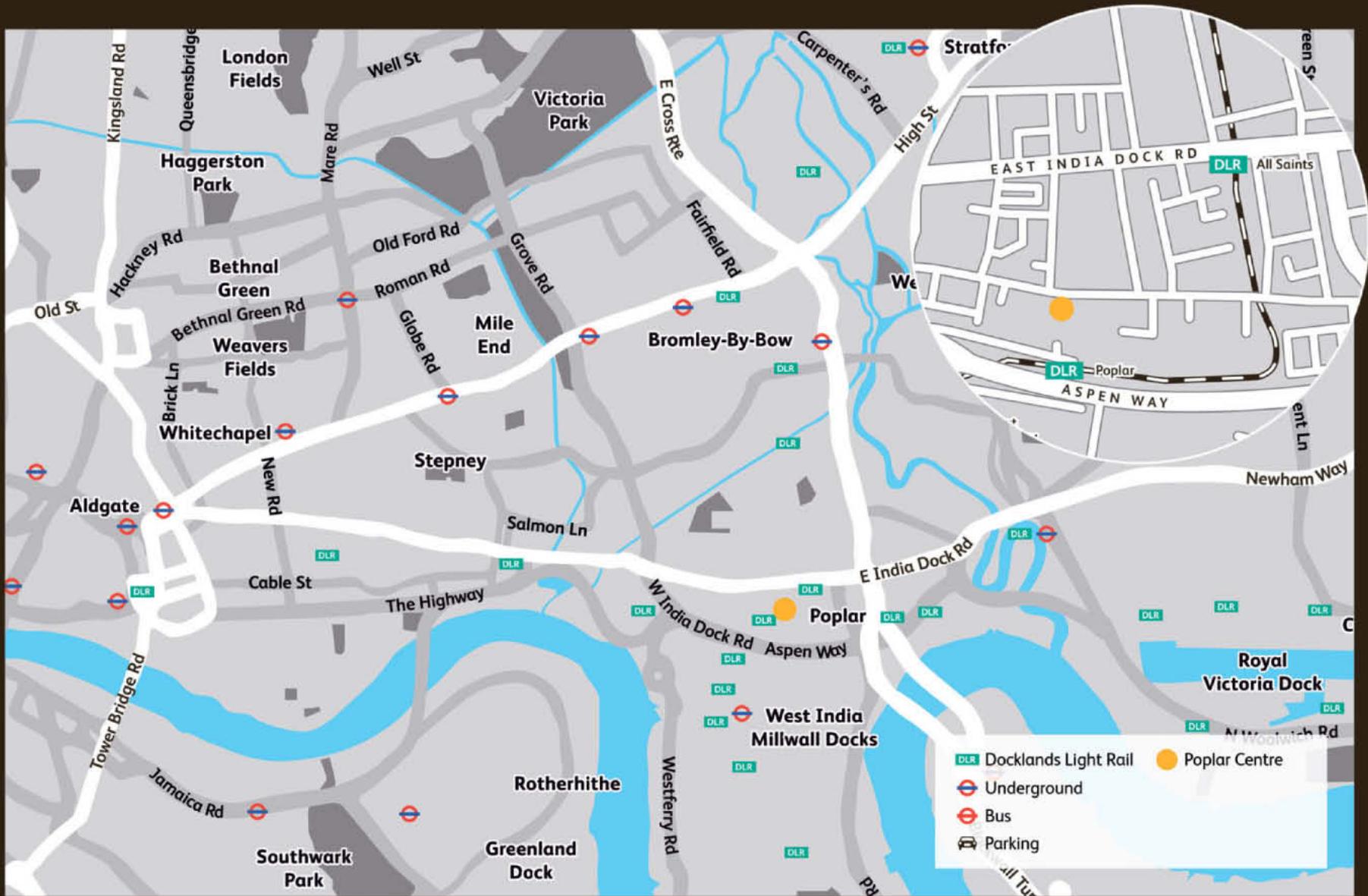
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\* Based on % of students achieving grades

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